LEARNING CURVE
MASTERING MAKEUP, AVOIDING BURNOUT AND MORE {pages 30-35}

A SURREAL CAMPING TRIP
KATE AND BROOD MEET THE PALINS {page 10}

‘HOME WRECKER’?
CHELSEA HANDLER LETS LOOSE ON ANGELINA {page 15}

VANCOUVER metro®
Tuesday, December 7, 2010
www.metronews.ca
News worth sharing.

JEFF HODSON/METRO FILE

‘I’ve loved this job’

NDP Leader Carole James steps aside as head of the provincial Opposition ▶ In a sudden announcement yesterday, James blasts dissident New Democrats for using ‘time and energy infighting instead of working on behalf of British Columbians’ ▶ Will remain on as MLA for Victoria-Beacon Hill ▶ Story, page 3

▶ Carole James during the 2009 provincial election.

Wellness

As mercury drops, stay in top shape

▶ Lighter flu season lies ahead, say experts ▶ Would you give your front teeth an artificial gap? ▶ Protect your skin on the slopes {pages 16-18}

Sweet holiday treats

White House pastry chef shares recipe for gingerbread cookies {page 24}

Google opens e-book store

Plot thickens with challenge to Amazon’s Kindle reader {page 7}

Canadian hotspots leaked

WikiLeaks cable lists possible terror targets {page 6}

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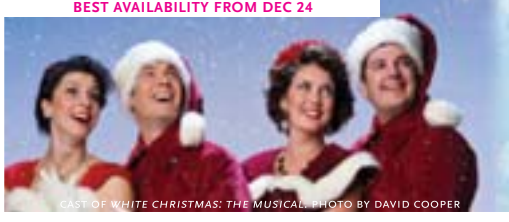

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Leaders' departures hurt B.C.: Professor

British Columbians are the real victims of the recent political upheaval that's led to the resignation of two party leaders, according to a public policy professor from Simon Fraser University.

"These parties really aren't serving the needs of the people of British Columbia," said Kennedy Stewart, speaking about the resignation of Liberal Leader Gordon Campbell last month and NDP Leader Carole James yesterday.

"We didn't have a fall sitting (and) the spring sitting is going to be a made-up budget, so really there's going to be nothing going on in the province ... for a year because of this squabbling."

He said it's unusual to see two parties "blow up" virtually at the same time, which has turned B.C. politics into a "spectacle."

Stewart added that "petty playground rivalries" within the NDP — which was leading the polls before NDP MLA Jenny Kwan suddenly called for a new leader — has likely killed the party's chance at winning the next election.

"What looked so bad for the Liberals a few weeks ago has become an incredible opportunity to hold a snap election," he said.

"It's a problem for the people of British Columbia because what party do you vote for in the next election? If you're a British Columbian watching this, you must just be in despair."

KRISTEN THOMPSON

Visit metronews.ca for more news and opinion

KIMIYA SHOKOOHI/FOR METRO

▶ Carole James, flanked by her caucus supporters, in Vancouver last week.

James leaves amid fighting

James will remain head of Opposition until election of interim leader in January ◐ Party cancelled emergency caucus meeting on Sunday

KRISTEN THOMPSON
@METRONEWS.CA

Less than a week after assuring the public she was not going anywhere, Carole James announced she was resigning as leader of the B.C. NDP.

James made the sudden announcement in Victoria yesterday, following weeks of infighting among her caucus.

Her voice cracking, James told reporters it wasn't an easy decision.

"Over the last two months, we've seen some members of our caucus decide to use their time and energy infighting instead of working on behalf of British Columbians," she said.

"British Columbians ... deserve a functioning Opposition."

MLA Jenny Kwan's call for an immediate leadership convention was the latest in a string of dissent that saw one MLA turfed from caucus and several others publicly renounce James' leadership.

At the party's recent provincial council meeting, however, members voted 84 per cent in favour of keeping James on as leader.

Timeline

Carole James has been the leader of the B.C. NDP since Nov. 23, 2003.

- She will stay on as MLA for her Victoria-Beacon Hill riding after a new leader is chosen.
- James was elected MLA for that riding in 2005.

1 news

Quoted

"It's disappointing ... but I understand why she did it. Whoever takes her place, their focus has got to be bringing the party together."
MIKE FARNWORTH, NDP HOUSE LEADER

"Anyone who partakes in public life makes a great sacrifice. She has served British Columbia well in her time ... as leader of the Opposition."
NDP MLA JENNY KWAN

"She was a tireless and passionate advocate for the people ... (and) carried herself with dignity. Carole brought a thoughtful, more respectful tone to provincial politics."
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B.C. wonders if its health care is worth the wait

British Columbia is the province third-most unsatisfied with Canadian health care after Quebec and P.E.I.

J.J. MCCULLOUGH
VANCOUVER@METRONEWS.CA

As surgery wait times continue to climb, British Columbians are expressing increasing dissatisfaction with the state of Canadian health care — though not necessarily the health care services they actually receive — according to two studies released yesterday.

Authored by Angus Reid and the Fraser Institute, the two reports paint a somewhat contradictory picture of the state of B.C. health care, in which British Columbians are waiting longer than ever for services that are regarded almost universally favourably.

Described as the largest-ever survey of its kind, the two-year Angus Reid study found that while 60 per cent of British Columbians rated the state of health care in their province as "poor," more than 90 per cent of B.C. respondents still claimed to be "satisfied" with the quality of the province's doctors, specialists and hospitals.

The reviews come at a time when the public is waiting longer than ever for such services, however.

According to the Fraser institute's annual national wait-times survey, in 2010 British Columbians waited an average of 18.8 weeks between the time they first saw a family doctor until the time they ended up receiving surgery.

Angus Reid spokesman Mario Canseco argued that "horror stories" about health care's deficiencies, coupled with an ongoing political debate, have resulted in public opinions that are often harshest in the abstract.

"Once you get to the doctor, however, you tend to forget about the policy side of things," Canseco said.

Java. Donation

▶ Sales director Viren Malik shakes hands with Union Gospel head chef Randy Spark at Ethical Bean's Vancouver headquarters yesterday.

J.J. MCCULLOUGH/FOR METRO

Sweet beans for city's neediest

Some of Vancouver's neediest citizens can now enjoy some of the city's best coffee. A donation of more than 2,460 pounds of Ethical Bean grounds to the Vancouver Union Gospel Mission will provide the East Side shelter with hot drinks for nearly a year, staff say.

HST recall begins in Victoria

MLA Ida Chong may be the first Liberal recalled by Bill Vander Zalm's anti-HST campaign.

After months of contention, the HST recall campaign began yesterday in Victoria's Island's Oak Bay-Gordon Head riding.

Organizers have 60 days to gather 15,368 signatures — 40 per cent of registered voters — to remove her from her seat.

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U.S. list of crucial Canadian sites leaked online

Extensive list attached to classified memo includes dozens of installations, from mines to nuclear plants

Canadian security experts say leaking a U.S. note about possible terror targets in Canada is like doing the extremists' homework for them.

The WikiLeaks publication of an American diplomatic cable listing Canadian bridges, pipelines, power plants and other sensitive places vital to the United States is a worrying development, said Liberal Senator Colin Kenny.

"You don't have to be a rocket scientist to figure out some aspects of critical infrastructure. But there are other aspects you'd have to work at pretty hard, and you might not think about them," said Kenny, who long served as chair of the Senate committee on national security. "So I'm starting to get concerned. If this is the tenor of leaks coming, then we have a problem on our hands."

In the classified message, the U.S. State Department asked its worldwide posts to help update a list of sites "which, if destroyed, disrupted or exploited, would likely have an immediate and deleterious effect on the United States." Diplomats were advised not to consult host governments in carrying out the confidential task. THE CANADIAN PRESS

Vital sites

Some Canadian sites from the 2009 list of critical infrastructure sites outside the U.S. that Americans regard as vital:

- Hibernia Atlantic undersea cable landing, Halifax, N.S.
- James Bay Power Project, Quebec
- Mica Dam, B.C.
- Pickering Nuclear Power Plant, Ontario
- Enbridge Pipeline Alliance Pipeline
- CPR Tunnel Rail Crossing, Ontario
- Chalk River Nuclear Facility, Ontario

Pakistan. Attack

▶ Pakistani volunteers rush a person injured by a suicide attack to the emergency ward of a local hospital in Peshawar yesterday.

MOHAMMAD IQBAL/THE ASSOCIATED PRESS

Dozens dead in suicide blast

Two suicide attackers wearing police uniforms and jackets packed with explosives and bullets blew themselves up at a gathering of tribesmen to discuss the formation of an anti-Taliban militia in northwest Pakistan yesterday. Officials said at least 50 people were killed and more than 100 were wounded.

$20B **The earning potential of MMA likely isn't lost on the province, which is running a deficit of almost $20 billion.**

Ontario ready to rumble

[illegible] announced it will begin accepting applications for MMA events Jan. 1, noting just one major event could attract up to 30,000 fans and generate up to $6 million. THE CANADIAN PRESS

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Google finally cracks open eBooks store

Google books can be read via web browsers, free Apple apps and Android, but are Kindle incompatible

Google Inc. is making the leap from digital librarian to merchant in a challenge to Amazon.com Inc. and its Kindle electronic reader.

The long-awaited Internet book store, which opened yesterday in the U.S., draws upon a portion of the 15 million printed books that Google has scanned into its computers during the past six years.

About 4,000 publishers, including CBS Corp.'s Simon & Schuster Inc., Random House Inc. and Pearson PLC's Penguin Group, are also allowing Google to carry many of their recently released books in the new store.

GOOGLE.COM/AP PHOTO

▶ Google's books website

Those publishing deals will ensure that most of the current bestsellers are among the three million e-books initially available in Google's store, said Amanda Edmonds, who oversaw the company's partnerships.

Millions more out-of-print titles will appear in Google's store, called eBooks, if the company can gain federal court approval of a proposed class-action settlement with U.S. publishers and authors.

THE ASSOCIATED PRESS

French. Trade

▶ President of the Republic of India Pratibha Patil, Dr Devisingh Shekkawat, from left, French first lady Carla Bruni-Sarkozy and French President Nicolas Sarkozy at the Rashtrapati Bhavan in New Delhi, India.

PASCAL LE SEGRETAIN/GETTY IMAGES

Sarkozy aims to ink India contracts

French President Nicolas Sarkozy is on a four-day working visit to India accompanied by defence, foreign and finance ministers and nearly 60 business leaders. He is expected to chase lucrative French-Indian trade contracts. He is also expected to seek support for his G20 agenda, on his first visit to a member state, after taking over the presidency of the G20 group.

Wal-Mart equity case threatened

The U.S. Supreme Court will consider throwing out a massive lawsuit that claims Wal-Mart pays women less than men and promotes women less frequently.

The justices stepped into a case yesterday that could involve 500,000 to 1.5 million women who work or once worked at Wal-Mart.

THE ASSOCIATED PRESS

Number of passengers up in air

Canada's two largest airlines have both reported an increase in passenger traffic in November compared with the same month last year, with WestJet seeing bigger gains than Air Canada.

Air Canada said yesterday that its passenger traffic increased by 7.5 per cent, while WestJet posted a traffic increase of 17.9 per cent. THE CANADIAN PRESS

Market moment

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GETTING IN TOUCH WITH YOUR JEALOUSY

She says ...

JESSICA NAPIER

This might sound strange, but sometimes I wish my boyfriend was a little more jealous. OK, make that jealous period.

Maybe I'm crazy, but if your significant other never acts like a green-eyed monster you start to wonder if maybe they wouldn't care if you took another lover on the side.

Jealousy is one of our most primal instincts and when it rears its ugly head, it's hard to ignore. Suspicion and distrust, completely irrational or otherwise, can drive a sizeable wedge between even the most compatible of couples.

But ignore the whole deadly sin thing for a second and consider the fact that jealousy, in the correct measure, might actually be a very important part of a relationship. It's not exactly healthy, but it can be reassuring. Nothing says I'm still passionate about our romance like an emotional outburst over a mysterious text message, right?

"Nothing says I'm still passionate about our romance like an emotional outburst over a mysterious text message, right?"

As you might have guessed, I have, on occasion, been a little bit of a green-eyed girl. I promise I'm not one of those *I'm going to hack into your Facebook account in a suspicious rage* types. I specialize in passive-aggressive displays such as the always popular, *I'll sit here brooding for the better part of an hour because you gave our waitress in a low-cut shirt a lingering stare* routine.

Of course, all of these instances of petty pouting have a lot more to do with my own insecurities than any philandering behaviour on his part.

Being one of the most naturally confident people in the world, my significant other never feels threatened. He thinks of jealousy as a pointless exercise in time wasting. And while he's probably right, I still find it irritating.

Recently we were out at a bar with friends and I found myself cornered by a particularly slick-talking guy while my boyfriend was in the washroom. When he returned he didn't approach the situation with an assertive "She's with me buddy" speech. Instead, he stood at a distance and laughed as I awkwardly tried to escape the flirtatious advances of Mr. Too Much Hair Gel.

How wonderful it is to find someone so trusting and good humoured, right? Yes I suppose I should be glad that I haven't partnered up with an overly possessive caveman. But come on; is it so backwards of me to crave a little bit of protective chest-puffing once in a while?

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Hearts get out of ice age

Worth mentioning

Andrea Ybarra belongs to a small group of people who have had a "beating heart" transplant, an experimental operation where the donor heart is placed into a special box that feeds it blood and keeps it warm and ticking outside the body.

Despite advances in heart transplantation, the way hearts are moved around remains low-tech — organ recovery specialists stuff an off-the-shelf picnic cooler with ice and jet off at odd hours to a donor hospital where a heart from a brain-dead patient awaits. They inject a chemical to stop the organ and preserve it in the ice chest for the trip home.

The longer it takes to remove a heart and transplant it, the greater the patient's chance of death or heart disease.

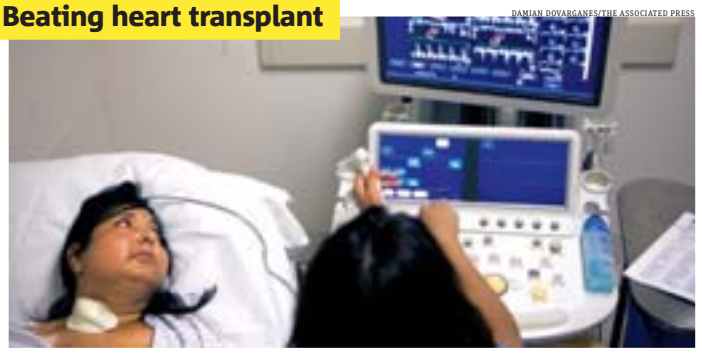
The new high-tech heart box circulates blood from the donor to the heart so that it continues throbbing while in transit.

If the new technology succeeds in preserving hearts longer, doctors could make cross-country heart runs without worrying about how long it takes. If a heart can survive outside the body longer than the current limit, heart transplants may someday be less an emergency procedure and more like an appointment that can be scheduled.

THE ASSOCIATED PRESS

Beating heart transplant

DAMIAN DOVARGANES/THE ASSOCIATED PRESS



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Metro Minute with It's A Wonderful Life

What better way to get ready for the season than taking in a heart-warming performance of It's A Wonderful Life? Arts Club Theatre presents its annual version of Frank Capra's holiday classic.

George Bailey (Bob Frazer), a despairingly frustrated good man is reminded by his guardian angel, Clarence Oddbody (Bernard Cuffling), how important he to his friends and family and the town of Bedford Falls.

The production, now in its fourth year in Vancouver, has been seen by more than 50,000 people.

Tickets for the show run $29 to $49 and are available through artsclub.com.

The performance, directed by Philip Grecian, runs until Jan. 11.

AYAKA KAWAI

DAVID COOPER/ARTS CLUB THEATRE

▶ Kirsten Robek and Bob Frazer in It's a Wonderful Life.

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2 scene

Gosselin clan visit the Palins in Alaska

TLC reality show stars get together for a family camping trip in the former governor's home state Can the pampered single mom Kate keep up with the outdoorsy Palins?

GILES MINGASSON/THE ASSOCIATED PRESS/TLC

▶ Former Alaska Gov. Sarah Palin, left, shakes hands with Gosselin twins, Cara, right, and Mady, as their mother Kate Gosselin looks on as the Palins and the Gosselins go on a camping trip in Coffee Creek, Alaska, during a taping of Sarah Palin's Alaska.

Kate Gosselin is not a happy camper.

On this week's edition of Sarah Palin's Alaska, she and her brood make a much-anticipated guest appearance. But don't expect it to reveal her inner Daniel Boone.

"How would you like to go camping with Kate and her eight kids — that TV show you watch?" Sarah Palin asks her daughter, Piper, at the start of the episode.

Piper squeals with delight at the idea of hanging with these stars of another TLC series.

As things develop, the camping trip in the Alaskan wilds will be no day at the beach for Kate. But it makes for a hilarious hour of Palin's show, which airs on TLC Sunday.

Read no further if you don't want spoiler details of Kate's stab at roughing it.

For a few fleeting moments, it seems she will savour her visit with the Palin family. She instantly bonds with Sarah, as they compare notes on the predatory nature of the media.

"There's not a whole lot of people that I run into that can understand the scrutiny (by) the media and beyond," says Kate, whose crumbling marriage to Jon was documented on Jon & Kate Plus 8 while it spurred a feeding frenzy from the tabloid press.

Now, single mom Kate and her kids just happened to be in Alaska taping one of her Kate Plus 8 specials, which occasioned their guest spot with the Palins.

The first stop: Sarah takes Kate to a bear safety class to prepare her for their camping expedition.

On the road from Wasilla to the class in Anchorage, Sarah sort-of jokes that, in case of a bear attack, "You need a partner with you who's slower than you."

"Oh, my gosh!" replies Kate, who already was spooked by the bear rug in the Palins' home. "Sacrifice your friends?"

At the rifle range, she looks more miserable than she used to look with Jon.

And that's only the beginning.

The day of the camping trip, it's — wouldn't you know? — pouring rain.

Out in the middle of nowhere by a stream and surrounded by mountains, Sarah is smiling, chipper and (literally) loaded for bear.

"Rain or shine, Alaskans still camp. We still find a way to have fun," she chirps.

Then Kate and her kids land at the campsite. Quickly, Kate proves to be a bigger pill than a horse tranquilizer.

"I'm not worrying about bears right now," she is soon grousing. "I'm just worried about keeping my toes wiggling 'cause they're freezing."

Sarah, daughters Piper and Willow, husband Todd and other family members seem to be having a blast. So, for that matter, are Kate's youngsters.

"The kids are having fun, so I'm tolerating it, but this is my new home," grumbles Kate, having sullenly planted herself, apart from the rest, beneath a tarp. "I am miserable, but, I mean, somebody's got to be."

Sarah, ever gung-ho, announces to the group, "This is the most luxurious camping spot I've ever seen!"

Cut to Kate, who tells the camera, "It just kills me that people, like, willingly do this." THE ASSOCIATED PRESS

Scene in brief

Spike TV says Neil Patrick Harris will host this year's Video Game Awards. The star of stage, video games and TV's How I Met Your Mother, Harris will preside over the eighth annual celebration of gaming's best, Spike TV announced yesterday. Also expected are comedian Dane Cook, Thor: God of Thunder video-game star Chris Hemsworth, pro skateboarder Tony Hawk.
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Beverly Hills auction of Cash keepsakes nets over $700,000, including $50,000 for prison suit

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DAN STEINBERG/THE CANADIAN PRESS/THE ASSOCIATED PRESS

▶ Since the fall, viewers of the daytime game show The Price is Right have seen dramatic weight change in once rotund host Drew Carey.

Carey pays price before slimming

What's the skinny on Drew Carey?

In the last year Carey has shed a lot of weight in an effort to establish a healthier lifestyle.

According to Parade magazine, Carey set a goal to lose close to 90 pounds by November, dropping from a high of 262 pounds at the start of the year to around 170. He had shrunk from a size-44 to a size-34 waist by press tour last August.

He said it was a year-long commitment to diet and exercise that did the trick. He cut down on carbs and gulped down plenty of water instead of colas. Whenever he was tempted by a burger, a tip from one of the Price is Right hostesses set him straight.

"She said to me, 'Nothing tastes as good as skinny feels,'" says Carey.

The 52-year-old comedian has tried to lose weight before. Back in 2001, when he was working on his sitcom The Drew Carey Show and Whose Line is it Anyway? it was discovered one of his arteries was clogged. After an angioplasty the comedian tried to curb his appetite.

"Working out was the key thing... You can't just diet."
DREW CAREY, HOST OF THE PRICE IS RIGHT

His weight had climbed back up by the time he succeeded Bob Barker as host of The Price is Right in 2007. Carey was once again experiencing shortness of breath.

Losing the weight more gradually and combining diet with exercise — with the help of a trainer — has helped him keep the weight off this time.

THE ASSOCIATED PRESS

No signs of slowing down for Leachman

Role on Raising Hope has 84-year-old in vintage form ‘I'm with her every day and I still have no idea what she's going to do next,’ says son

"Vanity" is a word that seems missing from Cloris Leachman's play book.

This is no surprise to those who have savoured the veteran actress-comedian in her anything-but-self-admiring performances the past six decades.

She's best known for her roles on the iconic Mary Tyler Moore, in Young Frankenstein and her Oscar-winning turn for best-supporting actress in 1972's The Last Picture Show.

Now Leachman fires jolts of unbridled daffiness on Fox's Raising Hope, which airs Tuesdays at 9 p.m. EST.

"I just hang on and say, 'What am I gonna do now?' I really trust Greg Garcia," she says of the series' creator. "And he trusts me."

She plays Maw Maw, the dementia-addled, wildly inappropriate senior cared for by granddaughter Virginia (Martha Plimpton) and her husband Burt (Garret Dillahunt). Their son Jimmy (Lucas Neff) shares the chaotic home, along with his baby daughter, Hope.

Moments of lucidity are few for Maw Maw, who may be found removing her top and bolting out the front door, or forcing a "Christmas cookie" on Burt she made from dirt and pebbles.

RAY MICKSHAW/THE ASSOCIATED PRESS/FOX

▶ Cloris Leachman, left, and Martha Plimpton in a scene from Fox's, Raising Hope.

Any doubts about Leachman's gung-ho attitude were dashed two years ago when she was a contestant on Dancing With the Stars. She didn't win the mirrorball, but with moxie and sass she outlasted the likes of singer Toni Braxton, chef Rocco DiSpirito and reality star Kim Kardashian.

"Gosh, I wish I knew what I did!" says Leachman. "I just came out and did a dance."

In an interview at Associated Press headquarters, she is accompanied by her son, George Englund Jr., who is also her manager.

"He says managing me is like herding cats," she says, then adds, "George, don't you think it's because I'm left-handed and right-brained?"

"I think that her right brain has consumed her left brain," he says. "And it's sitting over there pretending to be a left brain like it has logic and stuff — but there isn't any."

"It's a wonderful way to live," she says. "I'm so happy. I'm never upset or depressed."

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Hennessy switches script on career

Award winning Canadian actress explains the co-existent nature between her acting and her music

Jill Hennessy was honoured for her work as a TV actress on Monday, but the star of Law & Order and Crossing Jordan says music has always been her true creative passion.

"(Music) was something I did purely because of sheer love and joy," Hennessy, 42, said before accepting an international achievement award from non-profit organization Women in Film and Television.

Hennessy, who was born in Edmonton and raised in Kitchener, Ont., is well known to television viewers for her 1993 to 1996 stint as Claire Kincaid on TV's Law & Order and as Dr. Jordan Cavanaugh on Crossing Jordan, which ran from 2001 to 2007.

Still, the mother of two young sons frequently speaks warmly in interviews about her days busking at Toronto subway stations.

A few months ago, Hennessy released her debut album, Ghost in My Head, which includes guest appearances from Martie Maguire of the Dixie Chicks and R.E.M.'s Mike Mills.

When asked what advice she had for those just starting out in show business, Hennessy didn't hesitate.

"Pursue what you love and enjoy it and stick with what makes you happy, regardless of whatever responses you might get. If you feel in your gut that what you're doing is satisfying and beautiful and creative, then you're on the right path," she said.

"We should never limit ourselves to just one niche ...if there is something that one loves to do, that is inspiring, that takes you to a different place where you're actually better able to function in other facets of your life, then by all means. In my case it just happens to be music."

LOUIS LANZANO/ THE CANADIAN PRESS/THE ASSOCIATED PRESS

▶ Jill Hennessy backstage at the showing of the Cynthia Rowley spring 2010 collection during Fashion Week, in New York this past September.

Hennessy fed that passion this past summer by doing shows in New York and Philadelphia with the Lilith Fair tour, singing alongside Sarah McLachlan and the Indigo Girls.

"When I'm doing my music it' material that I've generated, and that's very personal," she says of the difference between music and acting.

Hennessy still loves the craft of acting, however, and is currently at work on the HBO horse-racing series Luck, which co-stars Dustin Hoffman and Dennis Farina and is expected to air sometime next year.

She says it's the perfect shooting schedule because she only has to work every couple of weeks

As for the award she received Monday, the ever-humble Hennessy seemed almost unable to take it in.

"It's hard to believe you're being honoured in the first place," she said during an interview at an opulent hotel where she noted she'd once worked as a hostess.

THE CANADIAN PRESS

Multi-tasking

Hennessy also appeared in Canadian indie film Small Town Murder Songs.

▶ **It won an acting** prize at the Whistler Film Festival over the weekend. There's no word yet on a release date.

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Eclipse hits its target

The Twilight Saga: Eclipse
Genre: Fantasy/Romance
Director: David Slade
Stars: Kristen Stewart, Robert Pattinson, Taylor Lautner
●●●
Twilight is still at the kissing stage, and a bad case of "bite-us interruptus" is starting to take hold.

As with most third installments of a franchise, Eclipse suffers from an excess of characters and dialogue and a surfeit of real plot changes, even with Hard Candy's sharp-eyed David Slade at the helm.

Much of the ludicrously florid dialogue ("I'm going to fight for you until your heart stops beating … and maybe beyond") causes unintentional fits of laughter.

But you can't really blame Slade or the movie for staying true to the book — fans demand it — and Stephanie Meyer's overripe novel is more of a wheel-spinner than a page-turner. This latest screen adaptation should satisfy the rabid faithful even while leaving viewers not born female in the 1990s more mystified than ever.

PETER HOWELL

Inception
Genre: Action/Thriller
Director: Christopher Nolan
Stars: Leonardo DiCaprio, Joseph Gordon-Levitt
●●●●½
Even after several viewings — one just won't do — Inception remains the year's brainiest thriller, if only for that maddening ending. Does the spinning top stop, or not?

Writer/director Christopher Nolan changed the way people thought about superhero movies with his cerebral blockbuster The Dark Knight. With Inception, he has boldly reinvented the heist picture.

Leonardo DiCaprio cuts a rakish figure as Dom Cobb, a corporate spy who functions like the Freddy Krueger of the boardroom: he enters the dreams of industry captains and steals their most valuable secrets. Now he's tasked with his riskiest assignment of all: reversing the procedure, so he deliberately plants an idea in someone's head. Cobb's talents are eagerly sought, but they have taken a personal toll tinged with intimations of tragedy. He's chased by memories of his wife, Mal (Marion Cotillard), the mother of his two young children, whose status in his dream life is as uncertain as her corporeal existence is in the real world.

It's one of the best movies of 2010.

PETER HOWELL

IT'S TIME TO RE-DEFINE INDIE

The Audio Files
BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

When you say the word indie rock, a lot of different thoughts come to mind. There's the newbie musician hoping to land a record deal; the popular band that's been perfectly happy releasing music on a small independent label; or a style of music. No one, though, would put indie and Taylor Swift in the same category.

But since 2006 Taylor Swift has, technically, been an indie artist — she's released all her records on Nashville-based label Big Machine Records. And she's not the only big name on an indie label; 273 independent artists were nominated for Grammys this year.

Other acts, such as Our Lady Peace, are technically indie too. They left Sony Music to release their 2009 disc Burn Burn on their own, while Pearl Jam put out 2009's Backspacer by themselves. While it's true these labels are technically independent — they're not owned by a major label — you'd be hard pressed to find anyone that would put Taylor Swift in the same category as The Meligrove Band, who are now on the small Toronto label Nevado Records.

Most people should know that, at least in the case of Swift, lots of major label money is flowing her way. But it still may be time to redefine what we mean by independent, especially as the majors become more marketing departments than record labels.

I'm not sure how to define an artist anymore, or even if we should. There are acts like Death Cab For Cutie who are on a major, but many still think of them as indie. Other independent acts get distributed through major labels — sometimes it's the big guys who foot the promotion bill too.

For years people have been wishing that the term indie die a quick death and with more and more big name artists starting their own labels, now might be time to put the final nail in its coffin. People will define bands however they want, but maybe now we can finally let the music speak for itself.

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No, tell us what you really think

- Chelsea Handler lets loose on Angelina Jolie
- Apparently, she's not the only one

For Chelsea Handler, being pals with Jennifer Aniston apparently means going after Angelina Jolie, as the talk-show host unleashed a tirade about Jolie at a recent stand-up show in Newark, N.J., according to Popeater.

"She's a home wrecker, she is," Handler told the audience. "She can rescue as many babies from as many countries as she wants to."

And apparently Handler isn't alone in her feeling.

"Everyone in Hollywood is scared to say what they really think about Angelina except Chelsea," a source says.

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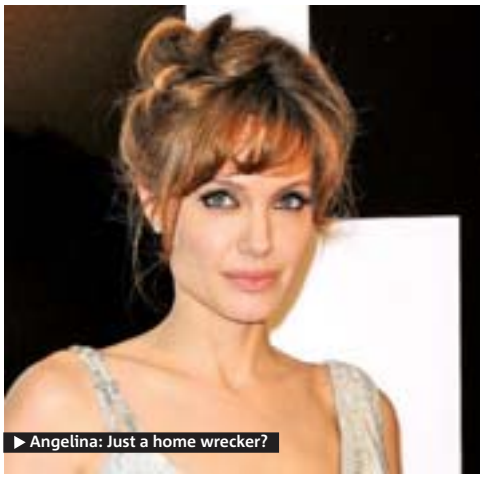


▶ Angelina: Just a home wrecker?

Cox still has her Friends

▶ Courtney Cox

Courteney Cox can still count on "Friends" co-star Jennifer Aniston to be a friend, according to Exposay.

"Jennifer has been so wonderful. You need good friends to keep your spirits up," Cox says. As for her relationship with estranged husband David Arquette, Cox is incredibly candid about not knowing what will happen next.

"It's too early to say if we will get back together," she says. "We've always tried to be very open with each other. That spirit has never left us, even though things became difficult in the last year."

METRO

Miley may sue over pics

Miley Cyrus is reportedly considering legal action against Canadian blogger Zack Taylor after he posted a risque cellphone photo purported to be the 18-year-old Disney star wearing next to nothing, according to Popcrunch.

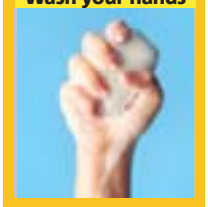
Taylor later admitted the photo was fake, as the woman pictured was actually a British model. Cyrus' reps reportedly maintained it wasn't her because Cyrus' tattoo under her left breast was not visible.

METRO

▶ Miley Cyrus

3 life

Wash your hands



Flu germs can linger on poles and handles in public transit. You've heard this a zillion times, but it's worth a reminder: "Hand washing as frequently as possible is one of the most effective ways to decrease the spread," says Dr. Marc Ouellette, scientific director of the Institute of Infection and Immunity and a professor at Laval University in Quebec City.

CELIA MILNE

At the start of flu season, U.S. Centre for Disease Control estimates one in three has had flu shot

ISTOCK PHOTO

▶ It's easy to pick up flu germs at work. Try to keep common areas and work spaces as clean as possible.

Beware the bug

▶ It's shaping up to be a pretty light year for the flu, but things can still turn bad quickly ▶ Experts recommend getting the shot regardless

CELIA MILNE
WELLNESS@METRONEWS.CA

The chances of getting H1N1 this year are very low.

And — rejoice! — it looks like it's going to be a fairly light year for the seasonal flu, too.

"This is very good news," says Dr. Marc Ouellette, scientific director of the Institute of Infection and Immunity and a professor at Laval University in Quebec City. "It is nothing compared to last year. It's a rest for us."

Surveillance data from countries that have already had their flu season tells scientists that the strains circulating this year are common seasonal strains.

Only one case of H1N1 has been reported so far this flu season, the tail end of last year's pandemic, says Dr. Ouellette.

He warns, however, that we should never get complacent.

"Influenza every year can be deadly. It's serious," Dr. Ouellette said.

Regular seasonal flu can kill but usually at the extremes of the population — among the very young and the very old, as well as those with depressed immune systems. Public health officials are keeping an eye on a fatal outbreak of flu on a reserve in northern Manitoba.

"Influenza every year can be deadly. It's serious."
DR. MARC OUELLETTE, A PROFESSOR AT LAVAL UNIVERSITY IN QUEBEC CITY

The best defence is getting the flu shot, says Dr. Ouellette, who receives the vaccine himself every year. It's not too late for this year, though it does take from two weeks to a month to give your body full protection.

"There is scientific proof that the vaccines are safe and protect you against getting the disease yourself and also infecting other people," he says.

Last year, results of a study showed that vaccinating young school children decreased the rate of infection from flu for the whole community, including parents and grandparents.

Who is at risk?

These groups could be badly affected by the flu:

- Children under two
- Adults over 65
- Pregnant women
- People with chronic diseases such as asthma, heart failure and chronic lung disease
- People with low immune systems
- People under 19 who are receiving long-term aspirin therapy.

"Unfortunately," says Dr. Ouellette, "when these people get the vaccine, it is not as efficient because their immune systems are not as active."

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News worth sharing.

The year of the gap

JESSICA CARLESON
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METRO WORLD NEWS IN LONDON

In the past, gapped front teeth were considered geeky, nerdy and kind of awkward. However todays trends brand them as "perfect imperfections" – the latest beauty must have. In France they are called the "dents du Bonheur" ("teeth of luck") and over in Nigeria, some consider them to be a sign of a strong sexual nature.

Would you be willing to surgically get a gap?

Mouthy muses

For many, the memory of years spent with heavy metal braces remains vivid, and painful: Teeth clanging together during a first kiss, the excruciating pain of re-tightening. But others left theirs uncorrected, and are intriguing because of it. Think of Madonna, models Georgia May Jagger and Lara Stone, True Blood star Anna Paquin and Chanel muse Vanessa Paradis. They represent the modern gap-mouthed beauty – and a minority. Less than 10 per cent of people are naturally gap-toothed.)

"It's a trend towards individuality," says dental surgeon Debra Glassman. "The idea that a gap-toothed woman is more sexy holds weight when you think of those showing them off today."

The natural smile

Cosmetic surgeon Dr. Irwin Smigel claims people are coming to him to make their smiles look more natural. "Natural-looking teeth have gradations in tone, tiny imperfections in shape, and can even vary by skin tone," he says.

"Perfect teeth look like you're trying too try hard and a gap will invariably imply that the smile is natural."

The question is, how far will you go to get the look?

Glassman's clients are prepared to pay on average $1,200 to have a permanent gap cosmetically created. Once she and a patient have settled on the size of the space, she removes the tooth area on either side to be "gapped," making a mold of those teeth that were altered. The mold will be used to create fingernail-thin porcelain coverings for the teeth on either side of the gap.

Such as with most procedures there are drawbacks, such as increased sensitivity caused by reducing the adjacent teeth and weakened bone support when the gap is created via orthodontic braces. But that hasn't stopped the vain clients willing to do this. In Smigel's opinion, "gaps look great, it's just a question of whether or not the person can pull it off."

▶Australian supermodel Jessica Hart flashes her adorable gap-toothed smile.

10%
Fewer than 10 per cent of the world's population is naturally gapped toothed.

"Front teeth gaps and teeth imperfections in general have become a big new trend in dentistry
DR SMIGEL, DDS

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Vitamin D needed in winter

Confused about how to get enough vitamin D in your diet or whether you should pop a daily supplement?

A report released this week by the Institute of Medicine that was meant to clarify just how much Canadians and Americans need of the so-called sunshine vitamin seems to have clouded the issue even more.

Following a two-year review of vitamin D research, an expert panel tripled the recommended daily dietary intake to 600 international units for people up to age 70, and hiked the optimal amount for those 70-plus to 800 IUs.

But the committee said its recommendations, which also set calcium intake levels, are aimed only at maintaining good bone health. The IOM said it could not weigh in on vitamin D's possible role in reducing the risk of some cancers and other diseases because it believes the scientific evidence isn't conclusive.

Especially considering to reach 600 IUs from the diet, a person would have to just consume two glasses of milk — one of the few dairy products fortified with vitamin D — an egg or two, a half-can of salmon or a can of sardines, and a large serving of meat.

The Canadian Cancer Society advises taking a 1,000-IU vitamin D supplement during the limited fall-winter months.

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LeafSource stops woman's pain within days!

"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues *"I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again"* said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. *"She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone -as if it was never there."* Ian goes on, *"This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."* By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a

proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, *"I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."*

endorsed by
Brad King, MS, MFS
Nutritional Researcher, Best Selling Author

Available at fine health food stores
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1-888-292-5660
Please go to www.leafsource.com to find a store near you.

FLICKR CC ALEXINDIGO

Ski, snow and sun

Peter A. Andersen, a health professor, talks about how to take care of our skin when exposed to the sun and the snow.

People are unaware of the risks of UV radiation when skiing.
This is because we tend to associate sun burning with summer days and warm weather. Even at the beach people are less likely to use sunscreen when the weather is cool. Heat reminds people of burning, though it is not infrared heat but ultraviolet radiation that causes such burning to happen.

The risk of damage to the skin is higher on the mountain than on the beach.
When skiing or snowboarding you have reflected UV from the snow and the amount of UV increases at higher altitudes, making the risk greater.

Before heading out on the slopes people should be applying sunscreen.
A minimum of SPF 15 to 30 is best.

Regular skiers (at least once a year) are more at risk of developing dangerous skin conditions such as cancer.
Those that are unprotected and have repeated exposures are at greater risk. Skiers can protect themselves with clothing, shade, sunscreen, helmets or brimmed hats.

SAN DIEGO STATE UNIVERSITY

Protect yourself

There are steps you can take before and during your day on the slopes to avoid damage from the suns rays.

- Check warnings about when the UV is at its highest
- Remember to apply sunscreen half-an-hour before going outside
- Reapply sunscreen every two hours
- Stay in shade as much as possible
- Wear a good hat or helmet

CBC IS YOUR HOME FOR THE *Holidays*

Go online to
cbc.ca/holiday
for our full schedule.

2010 HOLIDAY PROGRAM GUIDE

CBC

December

Sunday, Nov. 28	**5 pm**	The Legend of Frosty the Snowman
	6:30 pm	The Forgotten Toys
	8 pm	Happy Feet
Saturday, 4	**2 pm ET**	HNIC: San Jose at Montreal
	6:30 pm ET	Scotiabank Hockey Tonight
	7 pm ET	HNIC: Boston at Toronto
	7 pm ET	HNIC: Buffalo at Ottawa (Ottawa Only)
	10 pm ET	HNIC: St. Louis at Edmonton
Sunday, 5	**5 pm**	DISNEY: I'll Be Home For Christmas
	8 pm	Battle of the Blades
Monday, 6	**9 pm**	Little Mosque on the Prairie Christmas Special
	9:30 pm	Stuart McLean's Vinyl Café Christmas Pageant
Tuesday, 7	**9 pm**	Stars on Ice
Wednesday, 8	**8 pm**	Dragons' Den Holiday Special
Thursday, 9	**8 pm**	Corrie Crazy - hosted by Debbie Travis
Friday, 10	**7 pm ET**	HNIC: Montreal at Detroit
Saturday, 11	**6:30 pm ET**	Scotiabank Hockey Tonight
	7 pm ET	HNIC: Montreal at Toronto
	10 pm ET	HNIC: Tampa Bay at Vancouver
Sunday, 12	**5 pm**	DISNEY: The Santa Clause
	7 pm	Rudolph the Red-Nosed Reindeer
	8 pm	A Heartland Christmas
Monday, 13	**2 pm**	Steven & Chris Holiday Week
	8 pm	Dr. Seuss' How the Grinch Stole Christmas
	9 pm	Season of Song: The Canadian Tenors & Friends (featuring Justin Bieber)
Tuesday, 14	**9 pm**	Holiday Festival On Ice
Wednesday, 15	**8 pm**	Frosty the Snowman
	8:30 pm	DISNEY: Mickey's Christmas Carol
	9 pm	Being Erica - Christmas Special
Thursday, 16	**7 pm ET**	HNIC: Boston at Montreal
Friday, 17	**8 pm**	Home Alone
Saturday, 18	**6:30 pm ET**	Scotiabank Hockey Tonight
	7 pm ET	HNIC: Toronto at Vancouver
	10 pm ET	HNIC: Minnesota at Calgary
Sunday, 19	**5 pm**	DISNEY: The Santa Clause 2
	7 pm	Santa Claus is Comin' To Town
	8 pm	National Lampoon's: Christmas Vacation

Schedule subject to change. Check local listings.

Monday, 20	**8 pm**	Elf
Tuesday, 21	**8 pm**	The Santa Clause 3: The Escape Clause
Wednesday, 22	**8 pm**	Polar Express
Thursday, 23	**8 pm**	The Nativity
Friday, 24	**3 pm**	Best Recipes Ever Festive Feast
	8 pm	Miracle On 34th Street (1994)
	11:05 pm	George Stroumboulopoulos Tonight - A Holiday Special
	12 am	Handel's Messiah

Christmas Day*

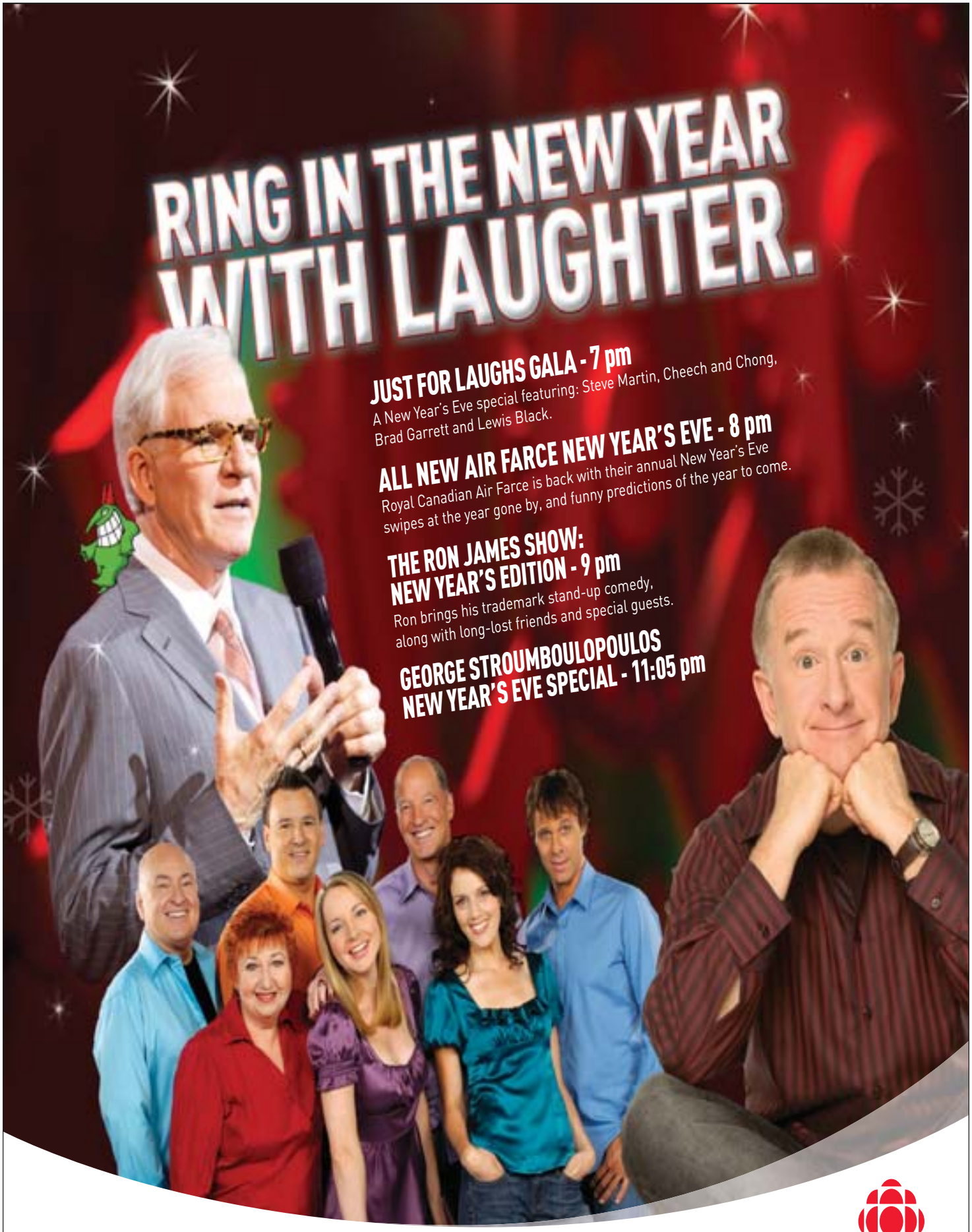
Saturday, 25	**12 pm ET**	Disney Parks Christmas Day Parade
	2 pm ET	Olive the Other Reindeer
	3 pm	Booky & the Secret Santa
	5 pm	Holiday Festival On Ice 2010 (Encore)
	6:30 pm	Stuart McLean's Vinyl Café Christmas Pageant (Encore)
	7 pm	Joy to the World: A Holiday Concert
	8 pm	Season of Song:The Canadian Tenors & Friends (featuring Justin Bieber) (Encore)
	9 pm	A Heartland Christmas (Encore)
	11 pm	Miracle On 34th Street (1947)
Sunday, 26	**4 pm**	Christmas Dreams with Cynthia Dale
	5 pm	DISNEY: Ice Princess
	7 pm	Pirates of the Caribbean: Dead Man's Chest

* Check Local Guides. Christmas Day programming varies by region.

Monday, 27	**8 pm**	Bridget Jones's Diary
Tuesday, 28	**8 pm**	Anne Murray - Friends & Legends
	9 pm	Being Erica
Wednesday, 29	**7 pm**	Corrie Crazy - hosted by Debbie Travis (Encore)
	8 pm	The Queen
Thursday, 30	**8 pm**	Breakfast With Scot

New Year's Eve

Friday, 31	**7 pm**	Just For Laughs Gala
	8 pm	Air Farce New Year's Eve
	9 pm	The Ron James Show: New Year's Eve Edition
	11:05 pm	George Stroumboulopoulos Tonight NYE Special
Saturday, Jan. 1	**12:30 pm ET**	Scotiabank Hockey Tonight
	1 pm ET	HNIC: NHL Winter Classic: Washington at Pittsburgh
	6:30 pm ET	Scotiabank Hockey Tonight
	7 pm ET	HNIC: Toronto at Ottawa
	10 pm ET	HNIC: Calgary at Edmonton
Sunday, Jan. 2	**8 pm**	WALL-E


RING IN THE NEW YEAR WITH LAUGHTER.
JUST FOR LAUGHS GALA - 7 pm
A New Year's Eve special featuring: Steve Martin, Cheech and Chong, Brad Garrett and Lewis Black.
ALL NEW AIR FARCE NEW YEAR'S EVE - 8 pm
Royal Canadian Air Farce is back with their annual New Year's Eve swipes at the year gone by, and funny predictions of the year to come.
THE RON JAMES SHOW: NEW YEAR'S EDITION - 9 pm
Ron brings his trademark stand-up comedy, along with long-lost friends and special guests.
GEORGE STROUMBOULOPOULOS NEW YEAR'S EVE SPECIAL - 11:05 pm

shop

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Friday, December 31

CBC

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Cookies fit for a president

The White House chef shares his gingerbread recipe

CHARLES DHARAPAK/THE ASSOCIATED PRESS

▶ Cookies from the White House include a replica of Bo, the presidential dog.

To help celebrate the holidays at the White House, pastry chef Bill Yosses created a 160-kilogram replica of the White House made of gingerbread and covered in white chocolate.

This year's version even features a larger-than-scale replica of Bo, the Obama family dog, made of marzipan and condensed milk.

But after a month on display, no one gets to eat those slabs of chocolate-covered gingerbread. Here is Yosses' recipe to make gingerbread you can actually eat.

White House Gingerbread Cookies

Preparation:

1. In a large bowl, use an electric mixer to beat together butter and brown sugar for 5 minutes. One at a time, add eggs, then molasses. Set aside.
2. Into a medium bowl, sift together flour, ginger, cinnamon, baking soda, baking powder and salt.
3. With mixer on low, add a third of the dry ingredients to butter-sugar mixture. Beat until just mixed in, then stop mixer and scrape down sides of bowl. Repeat this process with remaining thirds of the dry ingredients.
4. Add both zests and mix. Transfer dough to a sheet of plastic wrap, spreading dough until 2.5 cm (1 inch) thick. Cover with another sheet of plastic wrap, then refrigerate overnight.
5. When ready to bake, heat oven to 180 C (350 F). Remove dough from refrigerator. Break off a small piece of dough and roll it out on a floured surface to between 3 mm (1/8 inch) and 5 mm (1/4 inch) thick. Add flour while rolling to prevent sticking.
6. Use a cookie cutter to cut out cookies. Repeat with remaining dough. Arrange cookies on a baking sheet, leaving about 2.5 cm (1 inch) all around. Bake for 12 minutes. Once baked, transfer to a wire rack. When cooled, decorate as desired. Makes 50 cookies.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) butter (2 sticks), softened
- 500 ml (2 cups) packed dark brown sugar
- 2 large eggs
- 250 ml (1 cup) molasses
- 1.75 l (7 cups) all-purpose flour, plus more for rolling out dough
- 1 ml (1/4 tsp) ground ginger
- 1 ml (1/4 tsp) cinnamon
- 5 ml (1 tsp) baking soda
- 1 ml (1/4 tsp) baking powder
- 1 ml (1/4 tsp) salt
- Zest of 1 lemon
- Zest of 1 orange

Wine for your festive feast

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

While Christmas may still be a few weeks away, when it comes to buying wine for your holiday feast it's never too early to talk turkey.

You might think that with all the sweet, sharp and herbaceous side dishes that typically tag along with a classic roast turkey dinner, finding an appropriate wine match would be a challenge.

The good news is that the big bird is surprisingly forgiving when it comes to a liquid partner.

If you like a touch of green apple sweetness pick a bottle of German or Australian riesling. For something that swings to the drier side choose a gooseberry-infused sauvignon blanc from New Zealand or France's Bordeaux region.

I'm a chardonnay kind of guy at heart so a lightly oaked and tantalizingly tropical New Worlder like Concha y Toro's 2008 Marques de Casa Concha Chardonnay ($17.95 — $24.99) from Chile is one of my go-to holiday favourites.

If red is more your style, think a fruit-infused pinot noir from New Zealand or California, a cherry-berry Italian Chianti Classico or, for something completely different, an Argentinean made from malbec.

Next week I'll ham it up with holiday wine picks for the other red meat.

Prices reflect the range across the country. Some products may not be available in all provinces.

▶White House pastry chef Bill Yosses, with a white chocolate White House and marzipan Bo.

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Niçoise Salad

Devilled Eggs

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† Health Check™ HEART & STROKE FOUNDATION

Eggs are a healthy part of a balanced diet. That's why both the Health Check™ program and *Canada's Food Guide* include eggs as part of a healthy lifestyle.

†The Heart and Stroke Foundation's registered dietitians have reviewed this product to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org

WRITE FOR RIGHTS

On December 10th, join the world's biggest letter-writing event

On International Human Rights Day, December 10th, hundreds of thousands of Amnesty International supporters in Canada and around the world will Write for Rights.

Be one of them.

Write a letter, protect a life

By giving a few minutes of your time, you can help protect someone from serious human rights abuses. Amnesty supporters in more than 50 countries will write to help prisoners of conscience, human rights defenders under threat and vulnerable communities facing ongoing abuse of their human rights.

It works!

Three of the people featured in last year's Write for Rights actions are now free, thanks to the efforts of people like you.

No time to write a letter?

Supporting the thousands of activists who will write letters on December 10th requires resources. You can also stand up for freedom and justice by making a donation to Amnesty International.

AMNESTY INTERNATIONAL

Go to www.writeathon.ca or call 1-800-AMNESTY to take part and learn more.

FURRY COMPROMISES

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

I've been a cat person all my life. My fiancé is a dog person. How is our relationship going to survive?

Angela says...

Live on the wild side and get one of each! Just imagine: Fluffy and Rocky cuddling next to you and your spouse on the couch in front of the fire. But if that's not an option (or an adventure you're willing to embark upon), choose one breed of either species that suits both your needs. Cat lovers tend to like their feline friends for their size, temperament and cleanliness (i.e. litter box instead of poop and scoop). Dogs tend to get a bad rap as being stinky, jumpy and loud. But there are plenty of dog breeds that are "cat-like" and, on the flip side, there are some cats that think they're dogs — we have one of those! Best thing to do is check out cats and dogs together to see if you both agree on one — after all, it's the personality of the animal you'll end up falling in love with, not necessarily the species.

Derek says...

Clearly there was some sort of glitch in the eHarmony algorithm when it paired you up with your match. Cat and dog people mix like oil and water. But prepare yourselves for countless "this is why dogs/cats are better" conversations in the coming years. My advice? Draw up a pre-nup outlining litter box cleanup duties for all parties to sign (I know I wish I had). It could mean the difference between marital bliss and a lifetime of resentment and sorrow. And if you've never owned a dog before, they can really cramp the style of young urban elites who enjoy soaking up a city's culture and nightlife; they need constant attention and deserve to be outdoors as much as possible. To be fair to the animal, you need to be home every morning and evening, and take them with you on weekends. Why not save it for when you bring kids into the mix? You'll be home much of that time anyway.

UNIVERSITY FRIEND BECOMES LIFE'S LOVE

Names: Rubi, 22, and Sutharsan, 26

Hometown: Mississauga & Vaughan

Together since: April 2010

Their story:

▶ Rubi and Sutharsan

How We Met: Rubi & Sutharsan

"When I (Rubi) decided to go away to school to Brock University five years ago, I didn't realize then that the friendships I was making were meant to last a lifetime...

I met Sutharsan at university and we became friends. But it wasn't until last year that we really hit it off. We'd both moved back to the Toronto area to work, and I ended up at a job close to where he lived.

We got together to reminisce about the good old times, but it soon turned into a much stronger bond. He quickly became my best friend.

We both now believe in fate and we see that it is relationships based on friendship that are the strongest. Through our highs and lows, we've learned that a battle is easier fought with two hearts as opposed to one stubborn mind!

We're going seven months strong and we're looking forward to forever with each other.

With our hearts in the clouds and our minds set on keeping each other happy, we're excited about everything and anything the world has to offer us!"

Prickly pets

There may be countless pint-sized fans of Mrs. Tiggy-winkle, Mr. Pricklepants and Sonic — but that doesn't mean there are many real hedgehogs in the home.

Fewer than 150,000 live hedgehogs are estimated to live in the United States, despite their well-known roles in the Beatrix Potter books, Disney-Pixar movies and Sega video games.

The animals weigh about 500 grams and are insectivores (not rodents). They prefer night to day — running six-and-a-half to 11 kilometres a night on their wheels — and have a strong sense of smell, with a life span of four to six years. THE ASSOCIATED PRESS

MARIAH TAUGER/THE ASSOCIATED PRESS

▶ Hedgehog fans say the animals can be good companions.

Season's savings

Don't let the holidays take hold of your wallet
Celebrate the season in style with a few cents-ible tips

Remember to save your ribbons and decorations for next year's festivities.

The holiday season often sparks memories of eggnog, mistletoe and hours spent at the crowded mall.

But for many, the holiday season can be a financial strain, with gifts to still be bought, parties to attend, a house to decorate and even increased travel expenses.

Plan your expenses now so the winter weather is the only unexpected surprise this season.

1. Book travel plans in advance

Traveling during the holidays is expensive and you can often spend twice as much for flights at this time of year.

Book early and save your money and the hassle of trying to find last minute deals.

2. Host a potluck

Holiday parties can be expensive so ask friends and family to chip in by bringing food, drinks and even decor. The cost per person is minimal and everyone will be happy to contribute to the festivities.

3. Reuse decorations

What would the holidays be without lights, tinsel and a little mistletoe? At the end of the year, store all of the decoration in a cool, dry place so you can use them again next year.

4. Create a budget

A recent study by MasterCard Canada reports that one in five Canadians (17 per cent) don't budget for the holidays. Create a budget at the beginning of the year that includes all your expenses – from gift giving to that New Year's Eve outfit.

NEWSCANADA.COM

Fun and Frugal

SCORGIE
MONEY@METRONEWS.CA

DON'T LET PENSION PLANS PASS YOU BY

Registered Pension Plans (RPPs) are established by employers for employees to help with retirement savings. According to Statistics Canada, less than 40 per cent of paid workers have an employer-sponsored registered pension plan. The remaining 60 per cent either didn't have access to one or simply weren't participating. Some companies have an opt-out clause where the employee can choose whether to contribute to the RPP; other companies have mandatory participation.

If you're fortunate enough to have access to a plan, don't opt out. With most company-sponsored pension plans, the employer kicks in free money or free benefits.

So, if you contribute four per cent of your salary, and your employer matches it 100 per cent, it will add an additional four per cent. Whatever the specific matching program is, it makes sense to maximize your portion of the contributions into the plan for two reasons: you contribute with pre-tax dollars and you get free money from your employer. Don't turn your back on free money!

The most commonly issued plan in Canada is the defined contribution plan. With this plan, the employer pays a predetermined amount of money into your pension, but you get to choose, from a variety of investment options, where it gets allocated. Your employer is not responsible for your pension plan's performance because you pick the contents.

A minority of Canadians enjoy a defined benefit plan. With this plan, you receive a defined or pre-set payout each month once retirement hits.

Take a serious look at your company's pension plan because it can be worth hundreds of thousands of dollars by the time you retire.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.25%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

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A big deal from a small guy.
Get up to $75 off a new Koodo phone
PLUS up to a $75 bonus gift.[2]
Plus get a free MINI MUCHACHO collectible figurine.[3]
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$0 With the Tab[1]
INQ Chat 3G
$175 $150 Sale price
$0 With the Tab[1]
BlackBerry® Curve™ 8530
$275 $200 Sale price
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Offer ends December 31, 2010.
Koodo mobile
Good call

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Koodo shop

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Coquitlam Centre
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Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Park Royal Shopping Centre
Richmond Centre

Office offerings

Ace the art of the Secret Santa exchange with these helpful pointers

The office intern generally works hard for little pay. Thank them with a thoughtful present.

It's that time of year — you're buying presents for your dearest friends and closest family members. And that one quiet guy at the office.

It's the office Secret Santa and you may find yourself buying for someone whose name you barely remember. To help, staff from Canada's largest bargain hunting site, RedFlagDeals.com, have put together a list of top-notch but affordable gift suggestions:

Boss

Buying presents for your boss can be awkward. We'd suggest choosing a modest, meaningful gift over something overpriced or fancy — you don't want to look like you're currying favour.

Something fun like a framed candid shot of your team at work or gourmet cookies can work for the executive in your life.

Receptionist

If there's one thing a receptionist has enough of, it's office supplies. Skip the cute notepads, novelty paperclips and colourful pens. Treat the secretary to a bottle of high-end hand lotion or a gift certificate to the local salon for a manicure/pedicure combo.

New person

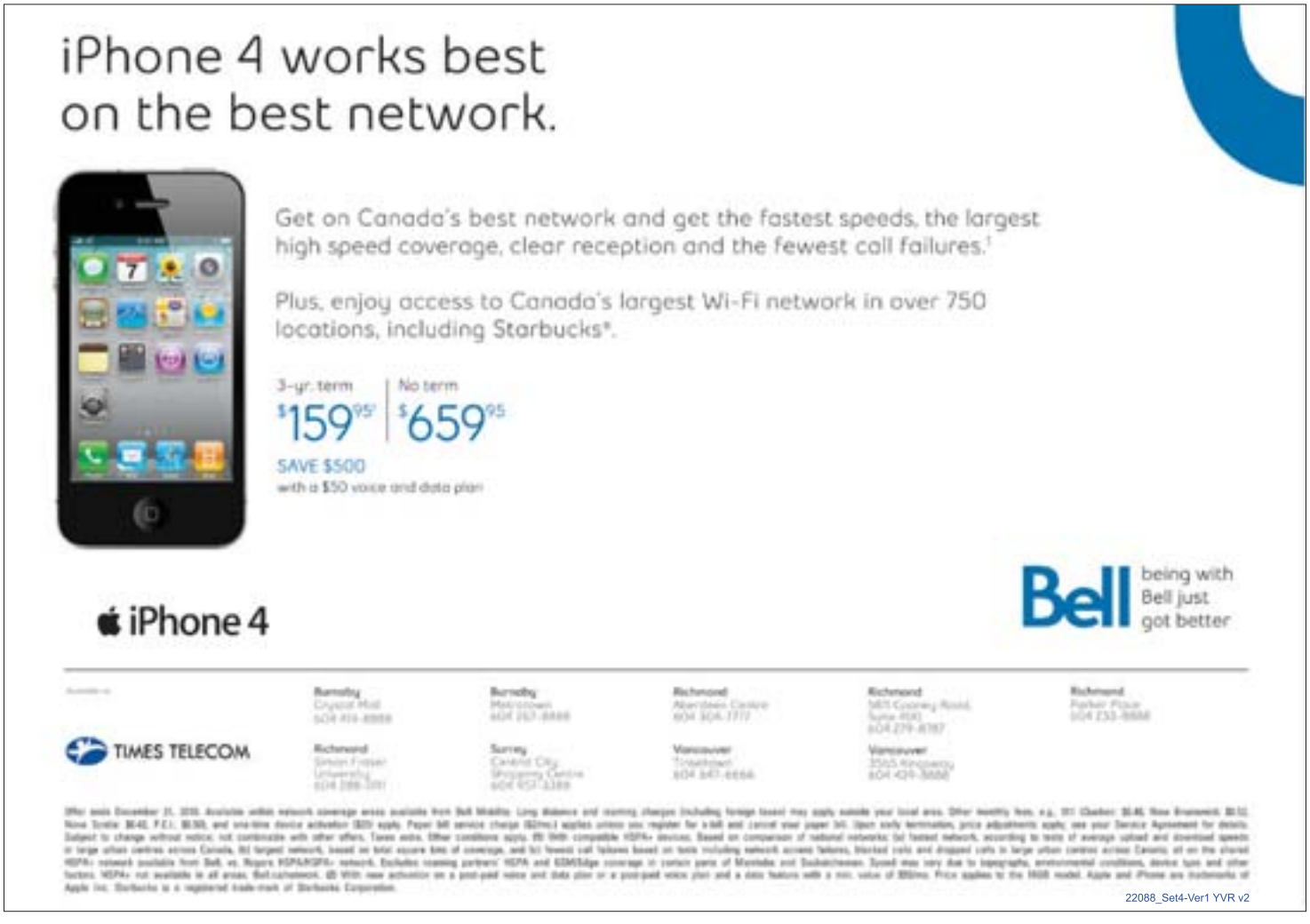
This one is tougher. Keep an eye on what the new person likes to eat or snack on. You can put together a gift basket or, for a more modern approach, keep your eye on the Deal of the Day promotions at RedFlagDeals.com.

Intern

Usually "intern" is a code word for "underpaid." Skip the gag gifts and get your intern a gift card for Amazon.ca or their favourite local store.

Tech Support

The people who fix your computer should be treated well. You can't very well give bars of gold, but a gift certificate to their favourite restaurant would go over nicely. NEWS CANADA


iPhone 4 works best
on the best network.
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Plus, enjoy access to Canada's largest Wi-Fi network in over 750 locations, including Starbucks*.
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$659.95
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with a $50 voice and data plan
iPhone 4
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TIMES TELECOM
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In Partnership with Summerhill Impact, Car Heaven, Retire Your Ride

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JESSICA BELL/FOR METRO VANCOUVER

▶ Emily Carr students prepare for the opening of Sparkle & Spin, at the university's 1612 Gallery.

ALL THAT SPARKLES AND SPINS

NEW EXHIBIT AT EMILY CARR FULL OF LIGHT

JESSICA BELL
VANCOUVER@METRONEWS.CA

Though the dark of winter creeps in and daylight continues to shrink, 1612 Gallery in Vancouver is luminous with a new exhibit from Emily Carr students, titled Sparkle & Spin.

The exhibit, which opened Dec. 2, features artwork that celebrates what curator Karen Garrett de Luna says are the darkest days of the year with chandeliers, candles, jingle bells and colourful light.

"I had the idea to make a show around the solstice," says Garrett de Luna, who is completing her Masters of Applied Arts. "I looked at how dark it was outside and imagined having a show based on light."

Each piece hangs from the ceiling of the gallery and allows for people to walk around and even through the pieces in a three-dimensional type display.

One piece, titled the Claustrophobic Object, version II, features 1,000 LED lights and had the designer, Anja Braun, intricately connecting individual LED wires — something she says was extremely time consuming.

"(The Claustrophobic Object) is about how we interact with non-human objects," says Braun. As someone walks near the piece the lights begin to sparkle in waves.

Other artists and designers featured include Jules Francisco, Michelle Sound Perich and Desmond Wong.

Go visit

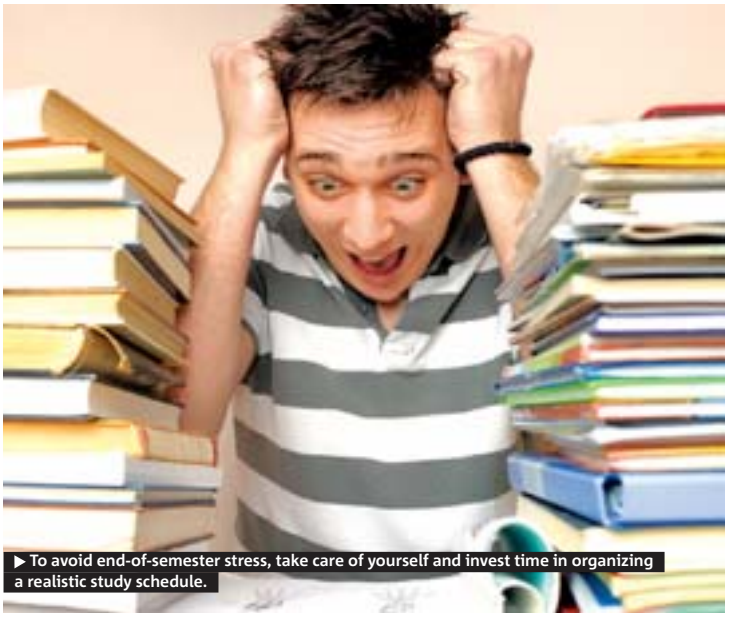
- When: Dec. 10 to 12 from 1 to 5 p.m
- Where: 1612 Gallery, at the corner of Fir St. and 3 Ave. W.

Avoid midnight oil exam burnout

Student advisors offer tips on how to handle end of semester stress

JORDANA DIVON
FOR METRO CANADA

ISTOCK



▶ To avoid end-of-semester stress, take care of yourself and invest time in organizing a realistic study schedule.

Think back to the last time you enjoyed a solid, full night's sleep, and woke up feeling revitalized.

Was it this week? Chances are you're not a student.

"There are a million different stressors that everyone goes through, but I think what happens is when all these exams and assignments are coming at once, students realize their organizing and planning skills aren't up to par," says Bobbi Beuree, student success supervisor at Saint Mary's University in Halifax.

Students often experience an increase in anxiety during the end-of-semester crush, a time when the stresses of juggling multiple deadlines leaves many feeling overwhelmed.

Beuree believes a simple change in strategy can make a marked difference toward overall study effectiveness.

"I'm a big proponent of balance, just making sure that even though they're students, that they're taking care of themselves as people first," she says.

"I talk to them about nutrition and caffeine, exercise and making sure when they're creating their schedule they're making time to spend with family and friends as well as time to study and prepare for exams." For many, consulting with a student advisor can offset the fear of falling short academically.

"Students are spending a lot of money to be here, and when things start to go off the tracks, it could result in academic probation, and at the worst, they could get kicked out of the university."

Instead of succumbing to these fears, Beuree suggests taking a deep breath and investing time in organizing a realistic study schedule.

Study tips

Barbara Williams, counseling director at Alberta's University of Lethbridge, offers the following tips to stressed out students.

- Time management: Establish boundaries and a realistic schedule
- Exercise: Go for a walk or a fitness class. It will give you a true break and also get your endorphins moving.
- Nutrition: Eating properly is especially important during stressful periods. Avoid too much sugar, salt and caffeine and make sure your meals are balanced.
- Take breaks: Make room in your schedule for a nice cup of tea, and social interaction with friends and family.
- Reward yourself: Make sure you give yourself kudos for tasks accomplished, rather than focusing on everything you still have to do.
- Don't forget to breathe: Four cleansing breaths before sitting down to study can make a world of difference.

Fighting temptation

University of British Columbia research finds diet-related stress has consequences for women

GEN HANDLEY
VANCOUVER@METRONEWS.CA

While you try to fight the temptation to finish that bag of chips, your restraint might not be as healthy as you think.

As a PhD student in Human Nutrition at the University of British Columbia, Jennifer Bedford found that food-related stress, or cognitive dietary restraint (CDR), can weaken bones in women.

After studying 132 women, aged 19 to 35 over a period of two years, Bedford discovered that chronic levels of a stress hormone called cortisol — which can be induced by CDR — would erode bone strength over an extended period of time.

"I'm not going to lie, sometimes I stand in front of a mirror and think, This makes me look fat. That still happens, but I'm more aware of what's happening and I try to let it go."
UBC RESEARCHER JENNIFER BEDFORD
ON THE IMPACT HER RESEARCH HAS HAD ON HOW SHE FEELS ABOUT FOOD

CONTRIBUTED

▶ Jennifer Bedford

"This is important because one in four Canadian women will develop osteoporosis when they reach old age, so bone health is a big issue," Bedford explains.

"Also, women are not aware of what's happening to their bone density — there are no symptoms for this problem."

She also determined that hormonal shifts in progesterone and estrogen during menstrual cycles caused by this stress affect bone health as well.

Has her research made an impact on how she feels about food?

"I'm not going to lie, sometimes I stand in front of a mirror and think, This makes me look fat.'" she says.

"That still happens, but I'm more aware of what's happening and I try to let it go."

Stats

- Forty per cent of nine-year-old girls have dieted, despite being within healthy weight ranges
- Eighty per cent of 18-year-old women have dieted.
- The lifetime prevalence of Anorexia Nervosa (AN) in women is 0.9 per cent and in men is 0.3 per cent.
- The lifetime prevalence of Bulimia Nervosa in women is 1.5 per cent and in men is 0.5 per cent.
- The lifetime prevalence of Binge Eating Disorder in women is 3.5 per cent and in men is two per cent.
- One out of five women in Ontario between the ages of 20 and 34 are underweight.
- Anorexia Nervosa has the highest mortality rate of any psychiatric illness – it is estimated that 10 per cent of individuals with AN will die within 10 years of the onset of the disorder.
- The fashion industry has long dictated that female models be tall and waif-like; however, male models are now facing increasing pressure to slim down and appear more androgynous, in order to book top fashion jobs.

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First Nations Studies a boon for students

Program offers graduates opportunities in education, business, law, communications and health care

MINÉ SALKIN
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A new First Nations program at Simon Fraser University offers students a wealth of courses and an opportunity to better understand the history and context of First Nations issues.

The majors program is taught at the undergraduate level by an indigenous faculty. Courses cover both contemporary and historical topics, such as linguistics, resource management, archaeology, women's studies and environmental issues. Graduates of the program can expect to be successful in many professional fields.

"There is a growing demand for students educated in First Nations concerns to work in provincial and federal government departments, First Nations Band Offices, Museums, and Art Galleries," said Lorraine Yam, the program's student advisor.

SFU offers joint degrees as part of its interdisciplinary approach. These programs include a minor in First Nations Studies, a joint major in Archaeology and First Nations Studies, a joint major with Linguistics and a Certificate in First Nations Studies Research.

First Nations studies was first established at SFU nearly two decades ago, by members of the university in collaboration with the Kamloops Indian Band. It was designed to provide opportunities for First Nations peoples, but the program is open to anyone who is interested learning more about these issues.

First studies

- The major program consists of a minimum of 15 courses across five lower divisions and 10 upper division courses. Most students require four years to complete the full program.
- SFU currently lists 35 students enrolled in a First Nations Studies program.
- More than 325 students have completed a First Nations Studies program since it was introduced at SFU nearly 20 years ago.
- First Nations Studies is taught as a secondary school subject in high school in B.C. There are now high school courses in Aboriginal literature for grades 10, 11 and 12.

More than skin deep

New program at Vancouver Community College offers the fundamentals in makeup artistry

Students learn eclectic range of makeup skills for retail, bridal, fashion, film and television industries

GEN HANDLEY
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Ever since she sat in the makeup chair as 16-year-old beauty pageant contestant, Nadia Albano knew what she wanted to do as a career.

"I remember my makeup artist was named Carla and she was great," says Albano, now 33 years old.

"I wanted to make people feel the same way as she made me feel — she inspired me."

As a professional makeup artist for close to 15 years, Albano is relaying this passion to others as the curriculum-writer and program coordinator for the new Makeup Artistry Certificate at Vancouver Community College (VCC).

The course offers students an eclectic range of makeup skills for the retail, bridal, fashion, film, and television industries.

Albano says she wanted to create a curriculum that would provide a solid skill-set foundation for graduates, enabling them to enter the workforce prepared.

"The goal of this course is to get the skills to the students so they can immediately immerse themselves into the industry," she explains.

According to Albano, a major lesson they try to teach is that makeup work is not skin-deep.

"I tell my students that it's not only about putting some makeup on a client, it's also about connecting with them and fine-tuning what they really want," she says.

"Whether it's a one-on-one personal makeup lesson or it's a fashion photographer putting together a layout — it's about the connection."

CONTRIBUTED

▶VCC's new Makeup Artistry Certificate program prepares grads for the working world.

"I tell my students that it's not about putting some makeup on a client, it's also about connection with them and fine-tuning what they really want."
NADIA ALBANO, CURRICULUM-WRITER AND PROGRAM COORDINATOR OF THE MAKEUP ARTISTRY CERTIFICATE AT VANCOUVER COMMUNITY COLLEGE

Makeup Kit

A few essentials can help you get started and on your way to creating that perfect look.

- Primer
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- Concealer palettes
- Five-colour lip palette
- Eye and lip pencils
- Full brush set
- Mascara
- Powder
- Gloss
- Ten eye shadow/blush palette

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Program	Campus
Transportation Trades Tuesday, Dec. 7, 11 a.m. – lobby, building B	Broadway
Career Planning and Job Search Courses Tuesday, Dec. 7, noon – room 236 Tuesday, Dec. 14, noon – room 236 Tuesday, Dec. 21, noon – room 236	Downtown Downtown Downtown
Esthetics Wednesday, Dec. 8, 4:30 p.m. – room 201	Downtown
Hair Design Wednesday, Dec. 8, 4:30 p.m. – room 201	Downtown
English for Health Sciences Thursday, Dec. 16, 6:30 p.m. – room 1212	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 E. Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

vcc.ca

Vancouver Community College

On words that wound

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A new book by researchers entitled Get That Freak tells the stories of queer youth and the struggles they face with verbal abuse.

Coupled with a lack of proper guidance from educators, the authors say persecution for sexual orientation riddles the school experience for members of the gay, lesbian and transgendered communities.

Queer youth advocate and author Rebecca Haskell is a criminologist from Simon Fraser University. Haskell said she was surprised by the lack of appropriate structure in schools.

"The young people heard homophobic slurs and really hurtful things said," Haskell wrote in an email.

"Sometimes in their classrooms and in front of teachers and often those things went unchallenged."

Get That Freak comes at a time where gay bashing and teen suicides have been increasingly documented in the media.

Georgia Straight columnist Dan Savage launched It Gets Better, a viral video campaign where people push the message that life improves after high school.

Despite the popularity of Savage's campaign, the book relays the message that ongoing effort is needed to tackle the issue of verbal abuse against the gay community.

"Adversity is one thing, but the pure isolation and hopelessness that some youth are feeling as a result of their experiences with homophobia and transphobia is not normal," Haskell wrote.

COURTESY OF HANNAH LEE

▶Author Rebecca Haskell explores the social harms of homophobia in her new book, Get That Freak: Homophobia and Transphobia in High Schools.

Sad statistics

- Get That Freak was written by Rebecca Haskell and Brian Burtch, two criminology researchers from SFU.
- The authors interviewed 16 recent high school graduates across different sexual orientations to describe their experiences.
- In 2008, 34 hate-crime cases based on sexual orientation were reported by police, making it the highest frequency in Canada.
- A survey from 2009 found that nearly 75 per cent of high school participants heard the expression "that's so gay" daily.
- Support and other resources for the lesbian, gay, bisexual and transgender (LGBT) community can be found at qmunity.ca.

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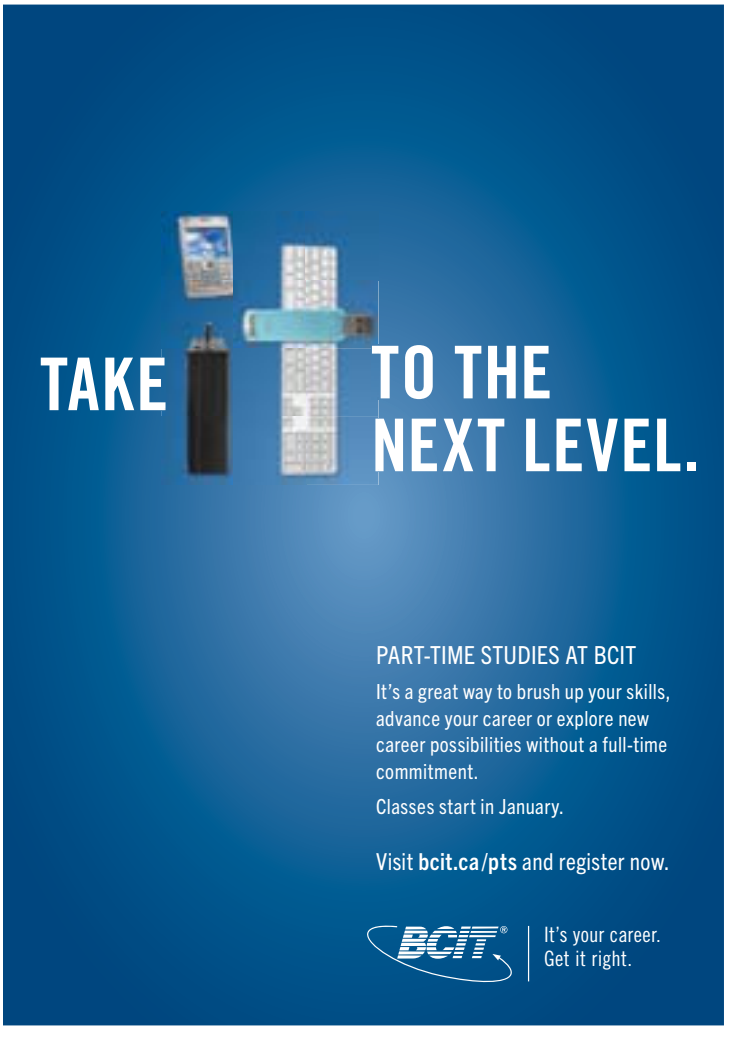
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Shift work can lead to injury

JESSICA BELL
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Canadians who work rotating or night shifts are twice as likely to sustain work-related injuries, according to a new study released by the University of British Columbia.

Researchers at UBC's School of Environmental Health used a Statistics Canada survey to help investigate trends in workplace injuries among different types of shift work.

"We were interested in seeing what types of health effects were linked to shift work," says Imelda Wong, a PhD candidate and the study's lead author.

Wong and other researchers discovered that while the rate of injuries in the workplace decreased between 1996-2006, the number of work-related injuries for shift workers did not.

They found that during the study period the number of female shift workers increased by 95 per cent and the number of male shift workers by 50 per cent.

The researchers suggest that sleep deprivation and abnormal sleeping patterns paired with stress in the workplace all increase the risk of injury.

They also believe that risk is more common in women as they often have to balance housework and childcare with shift work.

"We're hoping the results will get people talking to employers and employees," says Wong. "We all know that workplace injury is a problem."

Quick facts

- In 2006, 307,000 work-related injury claims linked to shift work cost Canada's workers' compensation system $50.5 million.
- WorkSafeBC reports that between 2005 and 2009, 44 per cent of claims in Healthcare and Social Assistance were due to overexertion.
- In 2007 the International Agency for Research on Cancer declared shift work as a probable human carcinogen.
- UBC's School of Environmental Health researchers discovered that 50 per cent of work-related incidents go unreported, suggesting that there is an underestimation of true risk.
- See the Scandinavian Journal of Work, Environment and Health for more information about the study.

CONTRIBUTED

▶ Imelda Wong from UBC's School of Environmental Health hopes a new study about shift work will encourage discussion among employers and employees.

Correction

In Metro Vancouver's continuing education guide, dated Nov. 23, Imelda Wong, above was incorrectly labelled as Jessica Fong, inset. Metro regrets the error.

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News worth sharing.

PHOTO BY JUDSON POOYAK

▶ Capilano University film student Cameron Courchene on a film set.

Loud voices to be heard

First Nations film students given chance to show Canada their work

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A unique film contest is allowing local Aboriginal filmmakers to tell their stories to the rest of Canada.

Twelve Indigenous Independent Digital Filmmaking students from Capilano University have each produced a short film, which will be posted on the Aboriginal Peoples Television Network's (APTN) Digital Drum website on January 21, 2011.

Viewers will then be able to vote on their favourite film, awarding prime broadcast time as well as a cash reward of $5,000 to the winner.

"It gives the students not just experience, but a lot of exposure," says program coordinator Doreen Manuel. "It shows APTN and the rest of Canada the value of these students' work."

Having only one month to do it, Manuel says that the work was driven by not only a tight deadline, but the students' passion for storytelling – a passion that she feels can benefit everyone.

"Our nation is in a lot of trouble," Manuel says. "We have the highest suicide rates, the highest rates in prison and the highest mortality rates – we're a nation in distress. But we're surviving and we need to empower ourselves to direct our future, and media is a great way to do that. When we're able to tell our stories, I think everyone will be richer because there's so much embedded in our culture about protecting the land and loving, caring and living in harmony."

For more information on Capilano University's Indigenous Independent Digital Filmmaking Program, visit capilanou.ca/iidf.

Student success

Indigenous Independent Digital Filmmaking Graduates

- Wayne Roberts, APTN VJ
- Kevin Burton, award-winning director of Meskanahk (My Path) and Nikamowin (Song)
- Helen Haig-Brown, award-winner director and producer of The Cave
- Kwakwee Baker, producer and director, CEO of Red Lyne Films
- Jason Friesen, screenwriter, producer and director

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4 sports

Winter meetings heat up in a hurry

- Blue Jays trade Marcum to Brewers for Canadian prospect
- Gillick heads to Hall of Fame

Adrian Gonzalez, Mark Reynolds and Shaun Marcum switched leagues yesterday as teams started trading at baseball's winter meetings. Cliff Lee's agent showed up, too, but said there was no telling when his prize pitcher might sign.

To Pat Gillick, this was truly the biggest deal of the day, and of his career: The 73-year-old executive whose moves helped build three World Series champions, including Toronto's championship teams in 1992 and 1993, was elected to the Hall of Fame.

Often, it takes a few days at this annual gathering for any real action. This time, it was brisk from the get-go.

"Now that everybody is here in the same facility, the atmosphere is ripe to push through some things," Yankees general manager Brian Cashman said.

The Milwaukee Brewers boosted their rotation, getting right-hander Shaun Marcum from the Toronto Blue Jays for Canadian infield prospect Brett Lawrie.

The Brewers were thrilled to get Marcum, who started for the Blue Jays on opening day last season and went 13-8 with a 3.64 ERA. The trade certainly carried a Canadian theme — Milwaukee GM Doug Melvin and Toronto counterpart Alex Anthopoulos are both from Canada. Though he traded away Lawrie, a member of the 2008 Canadian Olympic team, Melvin kidded he held onto some valuable things from his country.

"I still have my Justin Bieber posters on the wall," Melvin said.

The Boston Red Sox completed their trade for Gonzalez, getting the all-star first baseman from San Diego for minor league pitcher Casey Kelly, first baseman Anthony Rizzo, outfielder Reymond Fuentes and a player to be named.

Baltimore added a big bat — and a bunch of strikeouts — by acquiring Reynolds from Arizona for right-handed relievers David Hernandez and Kam Mickolio. THE ASSOCIATED PRESS

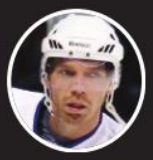
Lawrie lowdown

- Brett Lawrie is a 20-year-old second baseman from Langley.
- He was Milwaukee's 16th overall pick in the 2008 draft.
- Lawrie hit .285 with eight homers, 36 doubles, 16 triples and 30 stolen bases for double-A Huntsville in 2010.

ELSA/GETTY IMAGES

▶ Adrian Gonzalez stands after a press conference to announce his signing with the Boston Red Sox yesterday.

Canucks news



Vancouver Canucks forward **Mikael Samuelsson** is expected to miss at least a week after sustaining a concussion. Samuelsson appeared to get hurt in a collision with St. Louis centre Vladimir Sobotka late in Sunday night's 3-2 loss to the Blues. Head coach Alain Vigneault said after practice yesterday that Samuelsson has a mild concussion and that the team is following the "concussion protocol." Those guidelines dictate Samuelsson can't play until he is symptom free for at least a week, meaning he will miss at least three games. THE CANADIAN PRESS

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	29	19	8	2	0	91	67	40	9-5-1-0	10-3-1-0	10-0-0-0	W10
d-Washington	29	18	8	1	2	96	79	39	12-2-0-2	6-6-1-0	4-4-0-2	L3
d-Montreal	27	17	8	2	0	71	53	36	10-4-2-0	7-4-0-0	6-3-1-0	W2
Philadelphia	28	17	7	2	2	95	69	38	10-5-0-1	7-2-2-1	5-3-0-2	W2
Tampa Bay	27	15	9	2	1	84	94	33	7-2-1-1	8-7-1-0	7-2-0-1	W1
Atlanta	28	15	10	1	2	88	80	33	9-5-0-1	6-5-1-1	8-2-0-0	W2
NY Rangers	29	16	12	1	0	83	77	33	6-8-1-0	10-4-0-0	6-4-0-0	L1
Boston	25	14	8	0	3	72	50	31	5-5-0-2	9-3-0-1	5-3-0-2	L1
Ottawa	28	12	14	1	1	61	81	26	7-7-0-1	5-7-1-0	3-6-0-1	W1
Carolina	26	11	12	0	3	75	84	25	6-5-0-1	5-7-0-2	3-4-0-3	L1
Buffalo	27	11	13	3	0	68	73	25	5-8-1-0	6-5-2-0	6-4-0-0	W2
Toronto	26	10	12	2	2	59	76	24	7-5-2-1	3-7-0-1	5-4-1-0	W2
Florida	25	11	14	0	0	64	66	22	5-5-0-0	6-9-0-0	4-6-0-0	W1
New Jersey	27	8	17	1	1	50	81	18	4-6-1-1	4-11-0-0	3-7-0-0	L3
NY Islanders	25	5	15	3	2	53	83	15	3-6-1-1	2-9-2-1	1-6-2-1	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	25	17	5	2	1	86	67	37	10-2-1-1	7-3-1-0	6-2-2-0	L2
d-Dallas	26	16	8	0	2	76	69	34	10-3-0-1	6-5-0-1	7-1-0-2	L1
d-Vancouver	25	14	8	1	2	80	64	31	8-3-0-1	6-5-1-1	5-4-1-0	L1
Phoenix	26	13	7	4	2	74	72	32	5-3-2-2	8-4-2-0	7-2-0-1	W1
Chicago	29	15	12	1	1	90	84	32	7-8-0-0	8-4-1-1	7-3-0-0	W1
Columbus	26	15	10	0	1	70	71	31	7-7-0-1	8-3-0-0	5-4-0-1	W1
Los Angeles	25	15	10	0	0	69	61	30	10-2-0-0	5-8-0-0	3-7-0-0	W2
San Jose	26	13	9	4	0	78	73	30	7-4-2-0	6-5-2-0	4-4-2-0	W1
St. Louis	26	13	9	2	2	67	72	30	8-2-0-1	5-7-2-1	4-5-1-0	W1
Nashville	26	12	8	4	2	65	68	30	5-1-3-2	7-7-1-0	5-2-1-2	L1
Colorado	26	13	10	3	0	91	82	29	7-4-1-0	6-6-2-0	5-3-2-0	L3
Anaheim	29	13	13	2	1	71	87	29	9-6-0-1	4-7-2-0	3-6-1-0	L2
Minnesota	26	11	11	1	3	63	76	26	7-6-0-2	4-5-1-1	3-5-1-1	L5
Edmonton	26	10	12	1	3	70	93	24	4-6-0-1	6-6-1-2	6-3-0-1	W4
Calgary	27	11	14	1	1	74	82	24	6-6-0-0	5-8-1-1	4-4-1-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Pittsburgh 2 New Jersey 1
Toronto 5 Washington 4 (SO)
Atlanta 3 Nashville 2 (OT)
Columbus 3 Dallas 2 (SO)
San Jose 5 Detroit 2
Sunday's results
Ottawa 3 N.Y. Rangers 1
Chicago 4 Calgary 2
St. Louis 3 Vancouver 2
Philadelphia 3 N.Y. Islanders 2
Phoenix 3 Anaheim 0
Tonight's games
(All times Eastern)
Ottawa at Montreal, 7 p.m.
Buffalo at Boston, 7:30 p.m.
Colorado at Florida, 7:30 p.m.
Tampa Bay at Calgary, 9:30 p.m.
Anaheim at Edmonton, 9:30 p.m.

LEAFS 5, CAPITALS 4 (SO)

First Period
1. Washington, Perreault 1 (Poti, Semin) 2:55
2. Toronto, MacArthur 8 (Kulemin) 11:47 (pp)
3. Washington, Knuble 5 (Backstrom, Poti) 14:58 (pp)

Penalties — Bradley Wash (high-sticking) 4:54, Armstrong Tor (high-sticking) 5:50, Backstrom Wash (high-sticking) 9:57, Sjostrom Tor (interference) 12:09, Beauchemin Tor (slashing) 13:54.

Second Period
4. Washington, Perreault 2 (Laich) 6:46
5. Washington, Ovechkin 12 (Poti, Backstrom) 13:50

Penalties — Orr Tor, King Wash (fighting) 12:25, Semin Wash (tripping) 14:06.

Third Period
6. Toronto, Grabovski 6 (Kaberle, Kulemin) 4:16
7. Toronto, Brent 3 (Kaberle, Kadri) 17:37
8. Toronto, MacArthur 9 (Grabovski, Kessel) 18:36

Penalty — Green Wash (delay of game) 10:56.
Overtime — No Scoring.
Penalties — None.
Shootout — Toronto wins 1-0
Toronto (1) — Kadri, miss; Grabovski, goal; Kessel, miss.
Washington (0) — Ovechkin, miss; Perreault, miss; Semin, miss.

Shots

Toronto	7	11	8	2—28
Washington	12	9	12	3—36

Goal — Toronto: Gustavsson (W,4-7-2); Washington: Neuvirth (L,12-4-2). **Power plays (goals-chances)** — Toronto: 1-4; Washington: 1-3.
Att. — 18,398 (18,398) at Washington.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	24	24	48
Stamkos, TB	21	19	40
Ovechkin, Wash	12	23	35
St. Louis, TB	11	23	34
Semin, Wash	18	15	33
Backstrom, Wash	11	21	32
D.Sedin, Vcr	14	17	31
B.Richards, Dal	12	19	31
Hejduk, Col	10	20	30
H.Sedin, Vcr	3	27	30
Sharp, Chi	16	13	29
Byfuglien, Atl	10	19	29
Datsyuk, Det	8	21	29
Heatley, SJ	13	15	28
Perry, Ana	12	16	28
E.Staal, Car	12	16	28
Ladd, Atl	10	18	28
M.Richards, Pha	10	18	28
P.Kane, Chi	11	16	27
Getzlaf, Ana	8	19	27
Roy, Buf	9	17	26
Havlat, Minn	7	19	26
Letang, Pgh	5	21	26
Giroux, Pha	13	12	25
C.Stewart, Col	11	14	25
Eriksson, Dal	10	15	25
J.Williams, LA	10	15	25
Plekanec, Mtl	9	16	25
Zetterberg, Det	9	16	25
J.Thornton, SJ	7	18	25
Toews, Chi	12	12	24
Kopitar, LA	10	14	24
Neal, Dal	10	14	24
Duchene, Col	8	16	24
Selanne, Ana	8	16	24
Liles, Col	4	20	24
Ryan, Ana	13	10	23
Dubinsky, NYR	12	11	23
Iginla, Cal	11	12	23
P.Stastny, Col	10	13	23
Tanguay, Cal	8	15	23
Ribeiro, Dal	4	19	23
J.Carter, Pha	12	10	22
Lucic, Bos	12	10	22
Marleau, SJ	11	11	22
Malkin, Pgh	8	14	22

GOLF

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At Winter Garden, Fla.
p-Panther Lake Course (7,223 yards; par-71) c-Crooked Cat Course (7,493 yards; par-72)
Note: Final top 25 earn PGA Tour cards for 2011. The next 50 are exempt on the Nationwide Tour.

Final Round

Billy Mayfair, $50,000 69p-69c-68p-68c-67p-70c-411
William McGirt, $37,500 69p-72c-68p-66c-69p-68c-412
Ben Martin, $37,500 66p-68c-67p-69c-71p-71c-412
Cameron Tringale, $30,000 69p-67c-69p-69c-71p-68c-413
Jarrod Lyle, $27,500 70c-68p-71p-67c-70p-68c-414
Michael Putnam, $25,000 71p-73c-69p-66c-67p-69c-415
Brandt Jobe, $25,000 72p-65c-71p-69c-69p-69c-415
Zack Miller, $25,000 70p-68c-67p-68c-71p-71c-415
Kyle Stanley, $25,000 65c-70p-69p-75c-69p-68c-416
Paul Stankowski, $25,000 69c-72p-66p-68c-72p-69c-416
Chris Baryla, $25,000 72p-61c-73p-71c-74p-66c-417
Scott Stallings, $25,000 71c-71p-67p-65c-72p-71c-417
Nate Smith, $25,000 73c-69p-66p-67c-70p-72c-417
Gary Woodland, $25,000 71c-68p-69p-71c-67p-71c-417
Bio Kim, $25,000 70p-70c-66p-68c-68p-75c-417
Joseph Bramlett, $25,000 67c-73p-69p-69c-72p-68c-418
Michael Thompson, $25,000 73p-72c-69c-65p-69p-70c-418
Kent Jones, $25,000 70c-68p-71p-68c-70p-71c-418
Matt McQuillan, $25,000 70p-67c-72p-72c-66p-71c-418
Sunghoon Kang, $25,000 68c-67p-71p-71c-70p-71c-418
James Driscoll, $25,000 68p-68c-69p-66c-75p-72c-418
Andres Gonzales, $25,000 70c-71p-68p-71c-71p-68c-419
Alexandre Rocha, $25,000 72p-73c-70p-68c-68p-68c-419
Jim Renner, $25,000 72p-68c-73p-69c-67p-70c-419
Justin Hicks, $25,000 72p-71c-70p-65c-70p-71c-419
Richard S. Johnson, $25,000 72p-71c-68p-70c-68p-70c-419
Scott Gordon, $25,000 70p-70c-67p-71c-71p-71c-420
Billy Horschel, $25,000 70p-72c-66p-68c-70p-74c-420
Will Strickler, $25,000 72p-69c-67p-68c-68p-76c-420
Tommy Biershenk, $5,000 71c-70p-71p-68c-71p-70c-421
J.J. Killeen, $5,000 71c-68p-70p-69c-73p-70c-421
Richard Lee, $5,000 73c-68p-69c-72p-72c-421
Joe Affrunti, $5,000 74p-70c-66p-70c-68p-73c-421
Jeff Quinney, $5,000 74c-65p-69p-69c-70p-74c-421
Camilo Benedetti, $5,000 73p-73c-71c-64p-66p-74c-421
Gavin Coles, $5,000 69p-72c-71p-67c-72p-71c-422
Mathew Goggin, $5,000 73p-74c-65c-71p-68p-71c-422
Luke Hickmott, $5,000 72p-69c-66p-71c-71p-73c-422
Ryan Armour, $5,000 71c-72p-70p-69c-66p-74c-422
Seung Ho Lee, $5,000 69c-67p-71p-73c-73p-69c-422
Nicholas Thompson, $5,000 72p-71c-71p-68c-69p-72c-423
Charles Warren, $5,000 70p-67c-70p-70c-74p-72c-423
Will MacKenzie, $5,000 72p-73c-70c-66p-71p-71c-423
Stephen Gangluff, $5,000 70p-77c-67c-68p-70p-71c-423
Michael Letzig, $5,000 73c-71p-69p-72c-67p-71c-423
Jason Gore, $5,000 70c-72p-72p-68c-72p-69c-423
David Branshaw, $5,000 71c-72p-69p-71c-71p-69c-423
James Hahn, $5,000 70p-75c-74c-69p-67c-68p-423
Jon Mills, $5,000 75p-71c-71c-70p-67c-69p-423
Josh Geary, $5,000 69c-67p-72p-70c-72p-74c-424
Carlos Franco, $5,000 70p-66c-71p-74c-68p-75c-424
Dustin Garza, $5,000 73c-70p-70p-68c-72p-71c-424
Sang-moon Bae, $5,000 76p-70c-66c-70p-71p-71c-424
Briny Baird, $5,000 79c-66p-69c-68p-71p-71c-424
Aaron Watkins, $5,000 73c-72p-67c-70p-71p-71c-424
James Nitties, $5,000 72p-75c-69c-68p-69p-71c-424
Brian Smock, $5,000 74p-71c-69c-68p-72p-70c-424
Jake Younan-Wise, $5,000 72c-72p-71p-73c-65c-71p-424
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John Merrick, $5,000 71p-75c-72c-66p-71p-70c-425
Elliot Gealy, $5,000 69c-74p-75p-72c-65c-70p-425
Shawn Jasper, $5,000 70p-72c-72p-69c-67p-76c-426
Danny Lee, $5,000 74c-72p-69c-65p-72p-74c-426
Skip Kendall, $5,000 76c-74p-69c-70p-69c-68p-426
Jim Herman, $5,000 70p-74c-68p-69c-73p-72c-426
Martin Flores, $5,000 76p-73c-71c-70p-67c-69p-426
Scott McCarron, $5,000 72p-74c-72c-70p-69c-69p-426
Tim Wilkinson, $5,000 72c-72p-71p-68c-72p-71c-426
Jason Schultz, $5,000 73p-74c-68c-71p-70c-70p-426
Brett Waldman, $5,000 68p-72c-71p-72c-75p-68c-426
Greg Owen, $5,000 76c-69p-70c-71p-68c-72p-426
James Sacheck, $5,000 75c-71p-73c-71p-70c-67p-427
Tyrone Van Aswegen, $5,000 72c-70p-73p-68c-69p-75c-427
Johnson Wagner, $5,000 72p-75c-71c-74p-66c-69p-427
Blake Parks, $5,000 73p-74c-70c-70p-70c-70p-427
Todd Bailey, $5,000 71c-69p-72p-70c-72p-73c-427
Rahil Gangjee, $5,000 71c-71p-74p-67c-71p-73c-427
Adam Blyth, $5,000 71c-71p-73p-69c-71p-72c-427
Travis Hampshire, $5,000 74c-72p-74c-71p-65c-71p-427
Stephen Dartnall, $5,000 70c-74p-70p-69c-73p-71c-427
Matthew Giles, $5,000 71c-74p-69p-70c-72p-71c-427
Richard T. Lee, $5,000 71p-71c-74p-72c-67c-72p-427
Brock Mackenzie 73p-74c-74c-68p-69c-70p-428
Dicky Pride 69c-73p-70p-74c-71c-71p-428
Casey Crain 73c-73p-69c-71p-71c-71p-428

Also
Matthew Richardson 74c-69p-73p-69c-72p-72c-429
Ted Brown 71c-78p-70c-72p-70c-74p-435
David McKenzie 75c-74p-71c-71p-72c-77p-440

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	16	4	.800	—
d-Orlando	15	6	.714	11/2
Atlanta	14	8	.636	3
Miami	14	8	.636	3
New York	13	9	.591	4
d-Chicago	11	8	.579	41/2
Indiana	10	9	.526	51/2
Toronto	8	13	.381	81/2
Charlotte	7	13	.350	9
Cleveland	7	13	.350	9
Milwaukee	7	13	.350	9
Detroit	7	14	.333	91/2
Washington	6	13	.316	91/2
Philadelphia	6	14	.300	10
New Jersey	6	15	.286	101/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	17	3	.850	—
Dallas	16	4	.800	1
d-Utah	16	6	.727	2
d-L.A. Lakers	14	6	.700	3
Denver	13	6	.684	31/2
New Orleans	13	7	.650	4
Oklahoma City	14	8	.636	4
Phoenix	11	9	.550	6
Portland	9	11	.450	8
Golden State	8	12	.400	9
Memphis	8	14	.364	10
Houston	7	13	.350	10
Minnesota	5	16	.238	121/2
Sacramento	4	14	.222	12
L.A. Clippers	4	17	.190	131/2

d-division leader
Last night's results
Indiana 124 Toronto 100
Atlanta 80 Orlando 74
New York 121 Minnesota 114
Oklahoma City at Chicago
Miami 88 Milwaukee 78
Utah 94 Memphis 85
Sacramento at L.A. Clippers
Sunday's results
Boston 100 New Jersey 75
New York 116 Toronto 99
Detroit 102 Cleveland 92
Oklahoma City 114 Golden State 109
San Antonio 109 New Orleans 84
Denver 108 Memphis 107
Phoenix 125 Washington 108
Portland 100 L.A. Clippers 91
Tonight's games
(All times Eastern)
New Jersey at Atlanta, 7 p.m.
Denver at Charlotte, 7 p.m.
Cleveland at Philadelphia, 7 p.m.
Golden State at Dallas, 8:30 p.m.
Detroit at Houston, 8:30 p.m.
Phoenix at Portland, 10 p.m.
Washington at L.A. Lakers, 10:30 p.m.

PACERS 124, RAPTORS 100

TORONTO (100)
Weems 3-10 2-2 8, Johnson 7-13 1-3 15, Bargnani 5-11 2-3 12, Calderon 8-12 3-4 21, DeRozan 3-9 1-2 7, Davis 3-8 0-0 6, Barbosa 5-14 0-0 12, Bayless 2-10 0-0 5, Kleiza 5-12 1-1 12, Wright 1-1 0-0 2, Dorsey 0-0 0-0 0. Totals 42-100 10-15 100.

INDIANA (124)
Granger 9-16 1-2 21, McRoberts 4-11 3-4 12, Hibbert 6-9 1-1 13, Collison 6-7 5-5 17, Dunleavy 5-7 0-0 11, Rush 10-18 0-0 26, Posey 4-8 0-0 11, Ford 1-3 2-2 4, S.Jones 2-5 1-2 5, Hansbrough 0-0 4-4 4, D.Jones 0-0 0-0 0, Price 0-1 0-0 0. Totals 47-85 17-20 124.

Toronto	18	26	23	33	100
Indiana	31	37	21	35	124

3-Point Goals—Toronto 6-18 (Calderon 2-2, Barbosa 2-5, Bayless 1-3, Kleiza 1-4, Bargnani 0-4), Indiana 13-26 (Rush 6-8, Posey 3-7, Granger 2-5, Dunleavy 1-1, McRoberts 1-4, Ford 0-1). Fouled Out—None. Rebounds—Toronto 53 (Johnson 9), Indiana 51 (Granger 9). Assists—Toronto 16 (Calderon 4), Indiana 33 (Hibbert, McRoberts, Ford 6). Total Fouls—Toronto 23, Indiana 15. A—11,930 (18,165) at Indianapolis.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
BALTIMORE ORIOLES—Acquired 3B Mark Reynolds and a player to be named or cash from the Arizona for RHP David Hernandez and RHP Kam Mickolio.
BOSTON RED SOX—Acquired 1B Adrian Gonzalez from San Diego for OF Reymond Fuentes, RHP Casey Kelly, 1B Anthony Rizzo and a player to be named.
TORONTO BLUE JAYS—Acquired 2B Brett Lawrie from Milwaukee for RHP Shaun Marcum.

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Agreed to terms with INF Melvin Mora on a one-year contract.
CHICAGO CUBS—Named Mark Riggins pitching coach.
NEW YORK METS—Agreed to terms with INF Russ Adams and C Dusty Ryan on minor league contracts.
SAN DIEGO PADRES—Agreed to terms with RHP Aaron Harang on a one-year contract.

BASKETBALL

NBA

LEAGUE OFFICE—Suspended Los Angeles Clippers F Brian Cook two games for his Flagrant Foul, Penalty Two against Portland C Joel Przybilla and Portland G Andre Miller for one game for making excessive and unnecessary contact with Los Angeles F Blake Griffin during a Dec. 5 game.

FOOTBALL

NFL

DENVER BRONCOS—Fired coach Josh McDaniels.
TAMPA BAY BUCCANEERS—Placed CB Aqib Talib and C Jeff Faine on injured reserve.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin to Rockford (AHL).
DALLAS STARS—Recalled LW Francis Wathier from the Texas (AHL).
NEW YORK ISLANDERS—Sent D Dylan Reese to Bridgeport (AHL).
PITTSBURGH PENGUINS—F Bill Guerin announced his retirement.
WASHINGTON CAPITALS—Recalled C Mathieu Perreault from Hershey (AHL).

AHL

LEAGUE OFFICE—Suspended Oklahoma City D Jordan Bendfeld for one game as a result of his actions in a Dec. 3 game at Manitoba.
PROVIDENCE BRUINS—Announced F Jordan Caron was assigned to the team by Boston (NHL).

LACROSSE

NLL

EDMONTON RUSH—Signed D Bill Greer to a one-year contract.

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Liverpool 3 Aston Villa 0

SPAIN

LA LIGA

Yesterday's result
Deportivo La Coruna 1 Hercules 0

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	10	2	0	.833	379	269
N.Y. Jets	9	3	0	.750	267	232
Miami	6	6	0	.500	215	238
Buffalo	2	10	0	.167	243	333

SOUTH	W	L	T	Pct	PF	PA
Jacksonville	7	5	0	.583	257	300
Indianapolis	6	6	0	.500	317	290
Houston	5	7	0	.417	288	321
Tennessee	5	7	0	.417	263	235

NORTH	W	L	T	Pct	PF	PA
Pittsburgh	9	3	0	.750	267	191
Baltimore	8	4	0	.667	260	201
Cleveland	5	7	0	.417	229	239
Cincinnati	2	10	0	.167	255	322

WEST	W	L	T	Pct	PF	PA
Kansas City	8	4	0	.667	257	237
Oakland	6	6	0	.500	283	269
San Diego	6	6	0	.500	323	253
Denver	3	9	0	.250	256	333

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	8	4	0	.667	308	247
Philadelphia	8	4	0	.667	344	281
Washington	5	7	0	.417	222	293
Dallas	4	8	0	.333	294	336

SOUTH	W	L	T	Pct	PF	PA
Atlanta	10	2	0	.833	304	233
New Orleans	9	3	0	.750	299	227
Tampa Bay	7	5	0	.583	243	251
Carolina	1	11	0	.083	154	307

NORTH	W	L	T	Pct	PF	PA
Chicago	9	3	0	.750	246	192
Green Bay	8	4	0	.667	303	182
Minnesota	5	7	0	.417	227	253
Detroit	2	10	0	.167	278	306

WEST	W	L	T	Pct	PF	PA
Seattle	6	6	0	.500	240	289
St. Louis	6	6	0	.500	232	237
San Francisco	4	8	0	.333	203	259
Arizona	3	9	0	.250	200	338

WEEK 13

Last night's result
New England 45 N.Y. Jets 3
Sunday's results
Atlanta 28 Tampa Bay 24
Chicago 24 Detroit 20
Cleveland 13 Miami 10
Dallas 38 Indianapolis 35 (OT)
Green Bay 34 San Francisco 16
Jacksonville 17 Tennessee 6
Kansas City 10 Denver 6
Minnesota 38 Buffalo 14
New Orleans 34 Cincinnati 30
N.Y. Giants 31 Washington 7
Oakland 28 San Diego 13
Seattle 31 Carolina 14
St. Louis 19 Arizona 6
Pittsburgh 13 Baltimore 10
Thursday's result
Philadelphia 34 Houston 24

WEEK 14

Thursday's game
(All times Eastern)
Indianapolis at Tennessee, 8:20 p.m.
Sunday, Dec. 12
N.Y. Giants at Minnesota, 1 p.m.
Tampa Bay at Washington, 1 p.m.
Cleveland at Buffalo, 1 p.m.
Green Bay at Detroit, 1 p.m.
Oakland at Jacksonville, 1 p.m.
Cincinnati at Pittsburgh, 1 p.m.
Atlanta at Carolina, 1 p.m.
Seattle at San Francisco, 4:05 p.m.
St. Louis at New Orleans, 4:05 p.m.
Kansas City at San Diego, 4:15 p.m.
Denver at Arizona, 4:15 p.m.
New England at Chicago, 4:15 p.m.
Miami at N.Y. Jets, 4:15 p.m.
Philadelphia at Dallas, 8:20 p.m.
Monday, Dec. 13
Baltimore at Houston, 8:30 p.m.

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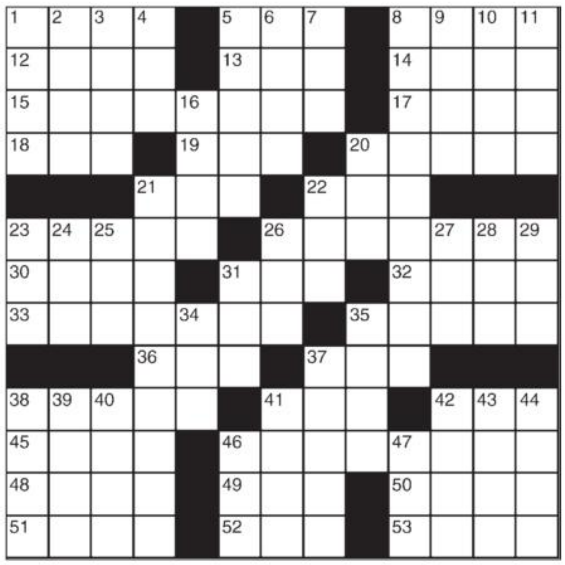
Crossword



Across
1 Actress Turner
5 Possessed
8 Heart of the matter
12 Chopping tools
13 Have a debt
14 Poi base
15 A Great Lake
17 Quite some time
18 Request
19 Comic Romano
20 Penniless
21 Martini ingredient
22 Belushi of "The Defenders"
23 Book of maps
26 Least inclined to do anything
30 Slay
31 Howl at the moon
32 Profit
33 Los Angeles team
35 Intimidate
36 Meadow
37 Coop occupant
38 Raise trivial objections
41 Gullet
42 Chaps
45 Sandwich cookie
46 Olympian cupbearer
48 Property claim
49 Conclusion
50 One
51 Reveille's opposite
52 Myrna of Hollywood
53 Courage

Down
1 Tibetan monk
2 Line of symmetry
3 Head-shoulders connector
4 Blond shade
5 Paul who played Crocodile Dundee
6 Vacationing
7 Hideaway
8 Variety of grouse
9 "Othello" villain
10 "Star —"
11 Gardening aid
16 Rainbow
20 Occupation, for short
21 Masses of nerve tissue
22 Big name in late-night TV
23 Toss in
24 As well
25 Cover
26 Part of UNLV
27 Water (Fr.)
28 Sermon subject
29 Potent stick
31 Bikini top
34 Moray, for one
35 Like a lawn at dawn
37 Convenient
38 Future stallion
39 Met melody
40 Joe Biden, e.g.
41 Hand (Sp.)
42 Options list
43 Fix a manuscript
44 Trawler equipment
46 Solidify
47 Beer container

▶ Yesterday's answer

C	B	S			A	R	M		E	A	S	E		
E	R	A	S		L	E	I		I	D	E	S		
L	O	K	I		L	A	X		G	O	A	T		
T	W	I	X	T		M	U	C	H					
			T	A	G		P	O	T	T	E	R		
P	L	A	Y	B	O	Y		W	H	O	L	E		
L	O	O	M		O	A	F		O	U	S	E		
A	N	N	I	E		M	A	T	U	R	E	D		
T	E	E	N	S	Y		B	A	R					
			U	P	O	N		I	D	E	A	L		
S	O	F	T		K	I	D		A	L	F	A		
K	N	E	E		E	K	E		Y	A	R	N		
Y	A	W	S		S	E	W			N	O	D		

Sudoku

8	7			9		6		4
		1						2
6					5		3	
		9	7		3			
1				8				5
			1		6	2		
	9		4					3
7						5		
4		2		6			7	1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	9	1	4	6	2	7
4	1	7	2	6	8	5	9	3
6	2	9	3	5	7	8	1	4
9	6	3	4	2	5	1	7	8
8	4	1	6	7	3	9	5	2
5	7	2	8	9	1	4	3	6
1	5	4	7	8	2	3	6	9
7	3	6	5	4	9	2	8	1
2	9	8	1	3	6	7	4	5

Send a KISS

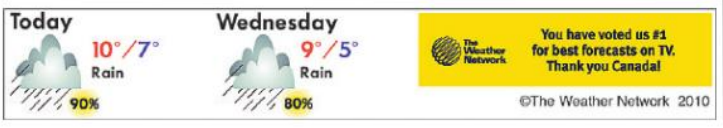
Show some love! Send a note to somebody special at kiss@metronews.ca

"Nish, I love you. I was thinking of you and thought you deserve this. Keep working hard - I want you to know you're amazing." **YOUR LOVING BOYFRIEND**

To the man who always makes me smile. I can't get enough of you. I've memorized your face and the way you look at me. I cherish every moment that we spend together. As close friends, we will always find our balance. **I LOVE YOU BABY.**

Dear AW, I just wanted to tell the whole city about how incredible you are and how my heart will always be yours. From your stranger, **MT**

Sarah! these last few weeks have been the best of my life! i couldnt be any more in love!!! i miss you soo much, im the LUCKIEST guy alive! i cant wait to see you and hold you in my arms again <333 **LOVE JUSTIN :)**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 One of the best times for your career begins today and you must make the most of it. Get rid of the idea that you are somehow not good enough to compete with the best.

♉ Taurus April 21-May 21 It's not true that you think only of yourself and you will get the chance to prove it today. You are at your best when fighting on the side of truth and justice, so follow your conscience.

♊ Gemini May 22-June 21 You may resent having to pay for something that you feel you should get for free but what choice do you have? Sometimes in life you have to give some to get some and it would appear this is one of those occasions.

♋ Cancer June 22-July 22 Cosmic activity in your opposite sign of Capricorn will bring disputes to the boil over the next few days but that's good because you have been avoiding them for too long.

♌ Leo July 23-Aug.23 It is one thing to have a dream but quite another to turn that dream into reality, so start thinking now about how you can make your life more secure and enjoyable.

♍ Virgo Aug. 24- Sept. 22 One of the best times of the year begins for you as Mars moves into the most dynamic area of the sky. It does not matter how many things went wrong in the past, it will all start going right again very soon.

♎ Libra Sept. 23-Oct. 23 Keep what you say short and sweet because others will lose interest quickly if you spin things out too long. Also, make sure you back up your words with actions.

♏ Scorpio Oct. 24-Nov. 22 You are thinking too much about a problem that will most likely resolve itself if you just leave it alone. If you really are so concerned get a friend to sort it out for you.

♐ Sagittarius Nov. 23-Dec. 21 You have come a long way in recent weeks and you will go a lot further over the next few days. But are you making what you have discovered, about yourself and about the world, pay financially?

♑ Capricorn Dec. 22-Jan. 20 Energy planet Mars moves into your sign today and it won't be long before you feel the difference physically, emotionally and intellectually. Put the past behind you and focus on your bright new future.

♒ Aquarius Jan. 21-Feb. 18 No matter what happens over the next few days you must keep reminding yourself that you are not a victim, that you alone control your destiny.

♓ Pisces Feb. 19-March 20 For too long now you have been worrying about your reputation and about how other people perceive you. Now at last you can do something about it. And you don't have to do it alone. **SALLY BROMPTON**

Caption contest

AJIT SOLANKI/THE ASSOCIATED PRESS

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Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive • Standard rm. • Jan. 7 - 21 • 1 wk.

1st passenger	2nd passenger
$1139	$569
+Taxes & other fees: $149	+Taxes & other fees: $149

Santa Clara via Calgary

Meliá Las Dunas • 4 1/2 ★
All-Inclusive • Standard rm.
Jan. 8 & 15 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1179	$629
+Taxes & other fees: $149	+Taxes & other fees: $149

ST. MARTIN/ST. MAARTEN
via Toronto

Hotel Beach Plaza • 3 1/2 ★
Breakfast • Luxe island view rm. • Jan. 8, 15 & 22 • 1 wk.

1st passenger	2nd passenger
$1279	$725
+Taxes & other fees: $196	+Taxes & other fees: $196

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive • Traditional standard rm.
Jan. 21 & 28 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1549	$775
+Taxes & other fees: $97	+Taxes & other fees: $97

MEXICO
Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4 ★
All-Inclusive • Superior rm.
Jan. 8 - 29 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1199	$599
+Taxes & other fees: $248	+Taxes & other fees: $248

Puerto Vallarta/Riviera Nayarit

Barceló Puerto Vallarta • 4 ★
All-Inclusive • Junior suite deluxe
Jan. 8 - 29 • 1 wk.

1st passenger	2nd passenger
$1259	$629
+Taxes & other fees: $98	+Taxes & other fees: $98

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive
Traditional standard rm.
Jan. 7 & 14 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1499	$750
+Taxes & other fees: $97	+Taxes & other fees: $97

Gran Bahia Principe Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 7 & 14 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1799	$900
+Taxes & other fees: $97	+Taxes & other fees: $97

DOMINICAN REPUBLIC
La Romana via Toronto

Gran Bahia Principe La Romana • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 8 - 29 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1249	$729
+Taxes & other fees: $167	+Taxes & other fees: $167

Punta Cana via Calgary

Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.

1st passenger	2nd passenger
$1619	$859
+Taxes & other fees: $152	+Taxes & other fees: $152

Gran Bahia Principe Punta Cana • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1789	$939
+Taxes & other fees: $152	+Taxes & other fees: $152

Gran Bahia Principe Ambar, Don Pablo Collection • 5 ★
All-Inclusive • Junior suite
Jan. 4 - 25 • 1 wk.
Adults only

PRIVILEGES

1st passenger	2nd passenger
$1949	$1029
+Taxes & other fees: $152	+Taxes & other fees: $152

Meliá Varadero

CUBA
Varadero

Meliá Varadero • 4 ★
All-Inclusive • Standard rm.
Jan. 7 & 14 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1189	$595
+Taxes & other fees: $149	+Taxes & other fees: $149

Paradisus Varadero Resort & Spa • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 7 & 14 • 1 wk.

PRIVILEGES

1st passenger	2nd passenger
$1669	$835
+Taxes & other fees: $149	+Taxes & other fees: $149

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